References for Adverse Health Effects of Light and Noise Pollution

[References in bold are more recent than the DOE and or AMA documents used previously as sources.]

Adverse Effects of Blue or LED Light


European Commission’s Scientific Committee on Emerging and Newly Identified Health Risks [SCENIHR 2012], Health Effects of Artificial Light.


National Collaborating Centre for Environmental Health in Canada, (2013), Health Effects of Large LED Screens on Local Residents.

NYR Natural News (2012), Melatonin disruption by ‘eco lighting’ a rising health threat (September 2012).


**Adverse Effects of Light-at-Night**


Fonken, LK et al. (2010). Light-at-night increases body mass by
shifting the time of food intake. Proceedings of the National Academy of Science, 107 (4), 1864-1869.


**Melatonin and Health**

Figueiro, M.G., and Rea, M.S. (2010). The effects of red and blue lights on circadian variations in cortisol, alpha amylase, and


Sleep and Health


National Institutes of Health/ National Heart, Lung, and Blood institute (NIH/NHLBI). Workshop on pediatric sleep disturbances and their contribution to the developmental pathophysiology of cardio-metabolic risk.


*Noise and Impact on Health* (included because lights enable night-time play, which generates noise when children or elderly may be sleeping)


Evans, G & Higge, S. (2010). Noise and performance in adults


[Please note that there were no publications found identifying light-at-night light or noise, or impaired sleep length or quality as having neutral or positive effects on human health. There are only negative effects or uncertainty (i.e., more research needed) demonstrated.]