



## **Das Ende der Nacht: Lichtsmog: Gefahren - Perspektiven - Lösungen (German Edition)**

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Every city dweller is aware that we are seeing fewer stars at night due to the increasing amount of artificial lighting. But that is just the tip of the iceberg, as far as the loss of natural nocturnal darkness is concerned. Humans and animals worldwide are now suffering from the disrupted rhythm of day and night due to extreme lighting at night. In humans this can lead to illness and increased stress. Hitherto only known to experts, this book is the first to comprehensively treat the entire phenomenon of light pollution. Richly illustrated using unusual images taken from the TV documentation "The Dark Side of Light" by Anja Freyhoff and Thomas Uhlmann, this book is for anyone interested in a harmonious coexistence between humans and nature and a healthy work/life rhythm.

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