Janet Heimlich Rockland LD 1845

Hello, thank you for considering this important issue. I only have recently learned about the benefits of preserving the night sky. My main concern is the health of humans, animals and insects. However, I understand too that there is a huge cost savings to taking measures with lighting to preserve the night sky. As someone who suffers from insomnia, I know how important it is to have warm (no blue) lighting so that our brains know that it is night time. I don't think it's a big sacrifice to ask homeowners, companies, schools, etc. not to have blaring lights that last all night long. Lights don't need to be removed. They just need to be modified and safety is not jeopardized. I would love for there to be some common sense regulations to preserve our health, the longevity of bees and other insects and species, and give us and our children the chance to learn from the stars every night of the week, wherever they are.