

(2023 February 1) Artificial light harms our bodies and souls. It doesn't have to be this way (WaPo)

One of the first of the few prizes my writing has won was for a short piece in my early twenties. The main theme was my need as an urban kid to somehow escape the constant light and sounds. Interesting to see this link touching on some of that.

"these lights take a toll on our health. Artificial light at night disrupts sleep cycles, hormones and more. It has been linked to chronic diseases such as obesity, diabetes and some cancers."

- Paul Bogard

<https://www.washingtonpost.com/opinions/2023/02/01/cut-light-pollution-health/>