# Article information:

Restless roosts: Light pollution affects behavior, sleep, and physiology in a free‐living songbird - Ouyang - 2017 - Global Change Biology - Wiley Online Library  
<https://onlinelibrary.wiley.com/doi/10.1111/gcb.13756>

# Article summary:

1. Light pollution is associated with changes in circadian, reproductive, and social behavior in free-living animals.

2. This study monitored nighttime activity of adult great tits and related this activity to within-individual changes in physiologic indices.

3. Results indicate that white light at night increases nighttime activity levels and sleep debt and affects disease dynamics in a free-living songbird.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy as it provides evidence for its claims through the use of data from a unique network of field sites which are either completely unlit (control), or are artificially illuminated with white, green, or red light. The authors also measure oxalic acid concentrations as a biomarker for sleep restriction, acute phase protein concentrations and malaria infection as indices of immune function, and telomere lengths as an overall measure of metabolic costs to support their findings.

However, there are some potential biases that should be noted. For example, the study only focuses on one species (great tits) so it may not be applicable to other species or environments. Additionally, the study does not explore any counterarguments or alternative explanations for the observed effects of light pollution on the health of free-ranging wild animals. Furthermore, the article does not provide any information about possible risks associated with artificial lighting which could be important to consider when making policy decisions about lighting regulations.

# Topics for further research:

* Effects of light pollution on other species
* Alternative explanations for light pollution effects
* Risks associated with artificial lighting
* Policy implications of light pollution
* Health impacts of light pollution on wild animals
* Long-term consequences of light pollution

# Report location:

<https://www.fullpicture.app/item/6bdc5a0aedf1b6d572bd106ce6619840>