# Article information:

Health Effects of Artificial Light - European Commission  
<https://ec.europa.eu/health/scientific_committees/opinions_layman/artificial-light/en/index.htm>

# Article summary:

1. Artificial light sources can have negative health effects on people with light-sensitive conditions.

2. Artificial lights are composed of visible light, ultraviolet (UV) and infrared (IR) radiations, which can disrupt the human body clock and hormonal system.

3. Different types of artificial lights have different levels of radiation, and some lamps may expose users to levels of UV nearing the limits set to protect workers from skin and eye damage.

# 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 in its discussion of the potential health risks associated with artificial light sources. It provides a comprehensive overview of the various types of artificial lights available, their potential risks, and how they affect living organisms. The article also discusses the potential health risks for people who are sensitive to light, as well as how and where people are exposed to artificial lights.

However, there are some areas where the article could be improved upon. For example, it does not provide any evidence or research to back up its claims about the potential health risks associated with artificial lights. Additionally, it does not explore any counterarguments or alternative perspectives on this issue. Furthermore, it does not discuss any possible solutions or strategies for mitigating these risks or protecting those who are sensitive to light from harm caused by artificial lighting sources.

In conclusion, while this article provides a good overview of the potential health risks associated with artificial lighting sources, it could be improved upon by providing more evidence for its claims and exploring alternative perspectives on this issue.

# Topics for further research:

* Artificial light health risks research
* Strategies for mitigating artificial light risks
* Counterarguments to artificial light health risks
* Health risks of artificial light for sensitive individuals
* Solutions for protecting people from artificial light
* Effects of artificial light on living organisms

# Report location:

<https://www.fullpicture.app/item/9028538f82ef8143ca86034ca5317b9a>