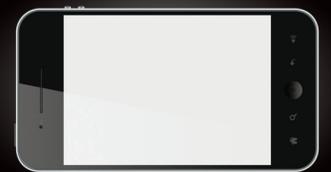


LIGHTS OUT!

1 X 44 HD



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Our planet is lit up 24 hours a day, 7 days a week. We're addicted to light and we just can't get enough. But like anything else that's addictive, could too much be a bad thing? *Lights Out!* ventures into the darker side of light to explore an environmental hazard we can't seem to live without.

Throughout history we have lived and worked in rhythm with the rising and setting of the sun, but that changed with the invention of artificial light nearly 130 years ago. Light fixtures, computers, and television screens have allowed us more time to live, work, and play, extending the length of our days and shortening our nights. But at what cost? Are we actually putting ourselves at risk?

Recently scientists have discovered that exposure to artificial light at night, even the glow of a cell phone or computer screen, can throw our internal body clock out of sync with the planet and may even be leading to serious illnesses like cancer, obesity, heart disease, and certain forms of depression. With nearly 20 percent of Canadians working night shifts to maintain our 24-hour world, it is now more crucial than ever to find safe and effective answers to what some scientists refer to as an "environmental insult" to our health.

Lights Out! joins leading scientists in the lab and in the field to discover how much harm light at night may be causing and to learn about the groundbreaking steps being taken to protect ourselves. The film follows nightshift workers, truck drivers on a continental run, and a scientist who fights cancer by day and plays trumpet with the Preservation Hall Jazz Band by night, discovering that danger hot spots are everywhere—from the illumination in the hospital ICU to the tiny screens of our mobile devices. What can we do about this environmental hazard that is so necessary in our every day life?

CREDITS

Writer, Director: Michael McNamara

Producers: Judy Holm, Michael McNamara

Photo Credit: (from left to right): FreshPaint (light bulb), Fenton one (laptop), timy (office ceiling), vasabii (desk lamp), jokerpro (street light), cobalt88 (TV screen), pav197lin (bedside lamp), bloomua (smartphone), for shutterstock.com. © Markham Street Films Inc. (center light bulb).

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