

Avian Lighting Needs: An Introduction

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Most pet bird species originate in the tropics, where sunlight averages 12 hours per day. Their bodies rely on the abundant sunlight to drive feeding, sleeping, breeding, and molting schedules, as well as growth and overall behavior.

However, because of artificial lighting, most pet birds receive far more than 12 hours of light. Plus, artificial light provides lower quality light than sunlight.

Full-spectrum artificial lighting can help keep your bird healthy when sunlight is minimal or absent. Full-spectrum bulbs offer the best physiological benefit.

Easily give your bird essential light:

- Research your bird species to determine her specific lighting needs.
- Allow (and supervise) your bird outside in sunny weather. [Wheeled Flight Cages](#) enable safe, convenient transport and outdoor containment. Be sure shade is available, too.
- Place a full-spectrum bulb 12"-18" from the top of your bird's cage to mimic natural light. The [AvianSun Deluxe Floor Lamp](#) or the [Clamp Lamp](#) simplify placement within your unique setting.
- Use a timer to regulate the lighting schedule.
- Always provide 12 hours of quiet darkness, too. A [cage cover](#) may help.
- Never use a black light, which can harm eyes and/ or skin. In fact, avoid using any bulb other than a full spectrum bulb.

