

# Lighting Requirements for Reptiles

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Light is important for herps in many ways. Exposure to full-spectrum sunlight with ultraviolet-B (UVB) light is necessary for many herps to produce Vitamin D and to properly use calcium. Indoors, your pet relies on you to provide lighting that mimics the day/night cycle of his natural habitat so that he can thrive. Finally, light sources are often sources of heat, as well. To be effective, your lighting setup must strictly satisfy three requirements:

**UV requirements** - Reptiles are literally all over the spectrum when it comes to their need for UVB light. Iguanas and many other lizards need high levels of UVB light, as do tortoises. Some amphibians and snakes, such as the ball python, do not require UVB light and will do well with simple incandescent bulbs. Research your pet's needs, and if UVB is required, be sure the bulb

information states it produces UVB in the 290-320 nanometer range. Whatever type of light your pet needs, you'll find the [right bulbs and fixtures here](#).

**Duration** - Some tropical species need consistent cycles of day and night, while species from temperate regions are accustomed to more fluctuation. With the [Coralife Power Center](#), you can regulate the timing of multiple light sources, and easily make seasonal adjustments.

**Temperature** - Your cold-blooded pet moves from place to place in order to attain the optimum temperature he desires at that precise moment. With careful arrangement of [rocks](#), [platforms](#), [vines](#), and heat-producing lamps you can provide the cool hiding places, warm basking spots, and temperature gradients your specific pet needs to regulate his body temperature. Satisfying these [heating](#) and [lighting](#) requirements is every bit as basic and important as providing the right foods for the health of your pet. Make it



a top priority.

## We Recommend



### [Zoo Med Combo Deep Dome Lamp Fixtures](#)

Hanging fixtures feature dual ceramic sockets.



### [Coralife Power Centers](#)

Multi-system timer and power source in one convenient unit.



### [Exo Terra Heat Glo Infrared Spot Lamp](#)

Screw socket lamp converts reptile light fixtures into heat lamps