

# Benefits of Full Spectrum Lighting

Full Spectrum lighting has been shown to be beneficial to birds by mimicking a bird's natural environment. Breeder aviaries, exotic bird collections and poultry production farms were some of the original places that full spectrum lighting was used and observed to demonstrate a definite positive effect.

An important benefit of full spectrum lighting is the effect it has on the glandular system; the Thyroid Gland controls how and when the other glands function and for it to function properly, it needs to be stimulated by normal photoperiods of full spectrum light. The Hypothalamus is involved in proper feather development and skin. The Pineal Gland controls the cyclical process such as molting and the reproductive cycle. Birds have four color vision and the lower wavelength (UVA) adds the fourth visual perspective. Correct spectrum and photoperiod of light are also critical factors in normal preening as well as the skin and feather health of birds. If a bird's system is not stimulated through adequate environmental lighting to maintain proper endocrine function, it may become lethargic and not continue normal preening behaviors.

\*Glass windows filter out up to 90% of the beneficial UV spectrum unless that glass was made pre 1939. Aluminum screening used can filter out 30% or more UV light. High-grade acrylic (cages) filters out less than 5% of the UV light.

Please keep in mind that this lighting should be used during the daytime hours. It is recommended that you use a timer so that the light goes on and off at specific times each day.

THIS IS FROM AN ARTICLE FROM [www.BIRD CHANNEL.com](http://www.BIRD CHANNEL.com) written by Jessica Pineda that explains in further detail how UVA and UVB works for our pet birds.

UVA and UVB light is essential for humans, as it makes vitamin D in the skin. This helps absorb calcium and other minerals for healthy bone development. First however, it must go to our livers and then to our kidneys, changed into dihydroxy vitamin D or vitamin D3 during the process.

Birds' skin is protected by feathers, so how do they get their vitamin D? Dr. Greg Burkett, DVM, of the Birdie Boutique in North Carolina said it has to do with a bird's preening gland. "Birds have a unique way of producing vitamin D3. The oil for the preen gland contains a precursor to the vitamin. Birds spread the oil containing these precursors over the feathers. The precursor is activated and transformed into vitamin D3 by UV light. When birds preen, they ingest the vitamin D3.

What about the birds that do not have a preening gland (like Amazons)? "Birds that do not have a preen gland can convert the precursor in the exposed skin of the feet, legs and face," Dr. Burkett said.

The FeatherBrite full spectrum bulb (on the color scale) is 5500k and 90 cri which allows perfect lighting and shows off the beautiful colors on your bird. It does not give off any heat and contains no uv's which means you can use this bulb for 12 hours and get sunlight to your bird.

The FeatherBrite UV bulb is low dose and you can leave this bulb on day and night. The UV bulb shines blue and you can use this as moonlight also. Together, these bulbs give a healthy 8% UVA which is perfect for the birds and parrots in captivity.

Birds love the light and "sunshine".