

What Do You Need In Reptile Lighting

Lack of sunlight can make people depressed. This condition is referred to as Seasonal Affective Disorder or SAD. It is most likely to occur in the winter when people spend a lot of time indoors due to the cold and other adverse weather conditions. A particular type of lighting is effective in treating these patients, this light is much the same as sunlight and it helps by simply exposing the patient to it.

Your pet will suffer also if not given the proper amount of exposure to light. They cannot talk to us but they show by their actions that they are depressed. They may become lazy or show less interest in food. They may also display serious conditions such as kidney problems, metabolic bone disease, or rickets. If you give your pet the right type of lighting their health will improve, they will remain active, eat well, and even increase their breeding tendencies.

Heat and light go together if you have a reptile pet, they need heat and light to thrive. Most lights produce heat, some produce more than others do. You may have seen heat light bulbs in stores or noticed the lights that keep the food warm in restaurants, even a common light bulb puts off a certain amount of heat.

In years past, it was thought that providing heat for a pet reptile was sufficient. Now we know that not only do reptiles need a specific level of heat and humidity that closely mimics their natural habitat, they also need specific types of light. Of course, the optimal light for your pet reptile would be the natural sunlight of its natural habitat. It is unlikely that the natural sunlight at your location would be an exact match, and it is usually impractical to house your reptile outside.

Your pet needs the right kind of lighting to properly process vitamin D. Vitamin D and calcium are important for bone health and also for the nerve cells to work well. Your reptile could develop bone problems such as osteoporosis if they do not get enough calcium. They can also have problems with their nervous system and even die.

Reptiles from the food they eat absorb Vitamin D, or if they have light the precursors are converted into vitamin D in the skin, the same way it works in humans. The only way the skin produces vitamin D is if it is with exposure to ultraviolet light, this must be of the B type, or UVB.

When choosing a light for your pet reptile, make sure to choose a light that provides UVB light. Ideally, 5% of the light will be from the UVB spectrum if you keep pet reptiles that are active during the day (diurnal). If your pet is active mostly at night (nocturnal), it may not need exposure to UVB light at all.

Whatever kind of lighting you choose for your pet, make sure that your pet has a place to retreat from the light as well as from any sources of heat. Reptiles have a sixth sense when it comes to heat and light, and they will retreat when either becomes excessive, as long as you have provided the proper space in their habitat for them to do so.

About the Author

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