Part-night exposure to artificial light at night has more detrimental effects on aphid colonies than

fully lit nights

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the final version of the manuscript.

Abstract

Artificial light at night (ALAN) threatens natural ecosystems globally. While ALAN research is

increasing, little is known about how ALAN affects plants and interactions with other organisms. We

explored the effects of ALAN on plant defence and plant–insect interactions using barley (*Hordeum*

vulgare) and the English grain aphid (*Sitobion avenae*). Plants received 'full' or 'part' nights of 15–20

lux ALAN, or no ALAN 'control' nights, to test the effects of ALAN on plant growth and defence.

Although plant growth was only minimally affected by ALAN, aphid colony growth and aphid

maturation were reduced significantly by ALAN treatments. Importantly, we found strong

differences between full night and part night ALAN treatments. Contrary to our expectations, part

night ALAN – limiting the duration of ALAN – had stronger negative effects on aphid colony growth

than full ALAN. Defence-associated gene expression was affected in some cases by ALAN, but also

positively correlated with aphid colony size, suggesting that the effects of ALAN on plant defences

are indirect, regulated via direct disruption of aphid colonies, rather than via ALAN-induced

upregulation of defences. Mitigating ecological side effects of ALAN is a complex problem, as

reducing exposure to ALAN increased its negative impact on insect herbivores.

Introduction

Artificial light at night (ALAN) is becoming increasingly common in urban and rural areas of the world (Gaston, Visser & Hölker, 2015; Kyba et al. 2017). ALAN is emitted by various man-made sources including street lights, building lights, and advertising lights. Current levels of ALAN are unprecedented in the ecological history of life on Earth, as light levels followed a predictable periodicity of diurnal and annual rhythms, with little light at night except of stars and the moon. These rhythms are increasingly disrupted by ALAN in many areas of the world, and ALAN therefore is considered an important aspect of global change (Gaston, Visser & Hölker, 2015; Senzaki et al. 2020; Falcón et al. 2020). For instance, ALAN can interfere with natural behaviour and physiology in many taxa (Sanders et al. 2021), including freshwater and marine invertebrates (Duarte et al. 2019; Perkin et al. 2011; Ayalon et al. 2019), terrestrial insects and several vertebrates, such as bats and birds (Desouhant et al., 2019; Stone, Harris & Jones, 2015; Dominoni, Quetting & Partecke, 2013). Surprisingly, given their dependence on the light environment for acquisition of energy, and as signal for photomorphogenesis, phenological and defence processes, much less is known about how ALAN affects plants (Briggs 2006; Bennie et al. 2016). ALAN may for instance interfere with phenology, starch turnover and defence regulation, which may affect interactions with plant-associated organisms (Heinen 2021). As nights will most likely become significantly brighter, it is of utmost importance to better understand the impacts on natural ecosystems (Rich & Longcore, 2013). Therefore, understanding how ALAN affects interactions between plants and associated organisms warrants further studies (Heinen 2021).

Levels of ALAN will increase in the future because of the decreasing production costs, and the development of more energy- and cost-efficient light-emitting diode (LED) technology making light widely available and affordable, which may lead to wider implementation of ALAN (Hölker et al., 2010; Kyba et al. 2017). This will likely also increase the ecological consequences of ALAN. Although many forms of ALAN exist and are still in use, a clear trend towards LED technology has been observed in recent years. The most commonly used LEDs today are cool-white LEDs (with a colour temperature of

>4200 K) and these are characterized by a narrow and high peak in the blue part of the irradiation

spectrum, and a broad and lower peak in the red part of the spectrum. Cool-white LEDs can have

devastating effects on many nocturnal animal species, and to mitigate these detrimental effects,

several solutions have been suggested, including the use of different light colours (Van Geffen et al.,

2014; Spoelstra et al., 2015), and to reduce light hours to periods that people are generally more active

(International Darksky Association, www.darksky.org; Gaston et al. 2012; Day et al. 2015). A plausible

scenario that could be implemented would be to strictly limit ALAN to the first part of the night, when

human activity is still relatively high, and switching off the lights during the second half of the night.

This would provide plants and animals with at least several hours of true darkness to recover.

However, how ALAN, and specific light schemes that reduce the number of light hours will affect plant

defences and plant-herbivore interactions, is not known.

One key plant parameter that is affected by the quality, quantity and duration of light that a

plant is exposed to is plant defence. Most of the available literature on the effects of light on plant

defences can be divided into two categories. First, a large body of knowledge describes how additional

light, i.e., supplementing plants with artificial light *beyond* the daylight hours, can help us understand

how extending daylength – as ALAN may be perceived by plants – influences plant defences. Light

supplementation studies are generally carried out on plant health and yield in agri- or horticultural

settings. Generally, light supplementation into the dark hours increases plant defences. For example,

tomato plants supplemented with low-density light at night have significantly higher immunity to

pathogens compared to plants that grow in a dark night (Yang et al., 2015a). In another study, chickpea

plants supplemented with light at night showed increased levels of the antioxidant ß-carotene (Wu et

al., 2007), which may serve as a defence against oxidative stress (Mittler, 2002). One might conclude

from this that a longer day leads to a more defended plant. A second body of scientific literature that

is helpful to understand effects of ALAN on plants, but that does not directly addresses ALAN,

examines the effects of light reduction on plants. This literature examines the consequences of e.g.

shading and light competition for plant physiology, including defences, and that are mediated by

changes in light intensity and spectral composition (e.g., Bennie et al. 2016; Smith et al. 2017; Grubisic

et al. 2018). This literature may also be helpful to understand effects of ALAN, as it represents reduced

light levels. Light competition and shading can alter key processes in the jasmonic (JA) and salicylic

acid (SA) signalling pathways, i.e., the backbone of plant defences (reviewed in Ballaré, 2009; Ballaré,

2014; Ballaré & Pierik, 2017). Generally, reductions in light exposure, through competition and

shading, result in decreased sensitivity to and suppressed JA and SA expression (de Wit et al., 2013;

Ballaré & Pierik, 2017), although the SA-related processes are less well-understood (Ballaré & Pierik,

2017). Light competition and shade may also lead to reduced accumulation of plant secondary

metabolites, and structural and indirect defences (Izaguirre et al., 2006; 2013; Engelen-Eigles et al.,

2006; Moreno et al., 2009; Agrawal et al., 2013; Cargnel et al., 2014). Relevant to understanding the

effects of ALAN on plants, a result of defence suppression under low-light or dark conditions is that

plants are more susceptible to pathogens and herbivory at night (Roden & Ingle, 2009; Kraiselburd et

al., 2017). This literature shows that ALAN has the potential to affect plant defence but that this

depends on the specifics of radiation at night.

ALAN may also affect interactions between plants and herbivores (Bennie et al., 2015; Yang et al.,

2015b; Sanders et al., 2018; Heinen 2021). Different typical ALAN sources with different spectral

characteristics have been found to have differential bottom-up effects on plant–aphid interactions

(Bennie et al., 2015). For example, supplementing *Lotus pedunculatus* plants with amber – but not

white – ALAN, caused a decrease in densities of the aphid *Acyrthosiphon pisum* compared to no ALAN

in the later stages of seasonal colony dynamics (Bennie et al., 2015). Importantly, even low light

intensities at night can have significant effects, as ALAN can already suppress aphids under densities

as low as 0.1 lux, which is far below commonly observed levels (Sanders et al., 2018). Although the

mechanisms are not fully understood yet, a possible mechanism could be that ALAN results in systemic

activation of defence mechanisms in the plant. For instance, in one study where tomatoes were

supplemented with different spectral irradiance at night, particularly the plants exposed to red light

(and to a lesser extent to other light colours) showed strong induced defence responses against the

root-knot nematode *Meloidogyne incognita* (Yang et al., 2015b). These defence responses were

accompanied by high levels of SA in root tissues, and upregulated transcript levels of SA-associated

genes in the roots (Yang et al., 2015b). How irradiance levels associated with ALAN affects plant

defences, however, is not known.

In this study, we used a well-characterized plant–aphid model system, barley (*Hordeum vulgare* L.)

and the English grain aphid (*Sitobion avenae* Fabricius), and exposed them to full nights of ca. 20 lux

ALAN ('full night'), half nights of ca. 20 lux ALAN ('part-night') or no ALAN ('control') to improve our

understanding about the effects of ALAN on plant-herbivore interactions and plant defence. We

hypothesized that: (i) Exposure to ALAN reduces aphid growth compared to dark nights, mediated by

an upregulation of defence responses. We predict that aphid colonization on plants will be negatively

impacted by plants, through an upregulation of plant defences. (ii) Exposure to ALAN affects plant

growth and health status, compared to dark nights. We predict that effects of ALAN will be positive,

but likely minimal, as the levels of ALAN are expected to be too low to increase photosynthesis. (iii) A

partial reduction in ALAN via a midnight elimination of light sources will reduce the hypothesized

effects of ALAN, serving as a dark recovery time that benefits both plants and insects.

Materials and Methods

Soil

Soils for this experiment were derived from the Experimental Station Roggenstein (48.17989,

11.32030; altitude 524 m a.s.l.) at the Technical University of Munich. Top soil was excavated from a

former flower strip bordering an agricultural field in June 2020 and stored in open-top Big Bags

outdoors under a roof shelter at the experimental facility until used in the experiment, which started

in late September 2020. The soil was classified as sandy loam (50% sand, 33% silt, 14% clay, 2.4% SOM,

pH 6.8, 1130 mg total-N/kg, 31.5 mg available-S/kg, 1.2 mg available-P/kg, 126 mg available-K/kg). The

soil was sieved through a 2-cm mesh sieve before use in the experiment, to remove large stones, loam

aggregates, and root material.

Plant–insect model system

Barley plants (*Hordeum vulgare*, cv. 'Scarlett') were used as model plants. This cultivar was selected

as it was used in previous studies in our research group and because it was severely colonized by

aphids (Sanchez-Mahecha et al. 2022). As model aphids, we used the English grain aphid (*Sitobion*

avenae 'Fescue', Hemiptera: Aphididae), a species that is specialized on grasses and is a common pest

in cereal cropping systems. We have observed that this barley cultivar and aphid clone respond in

terms of growth and population growth, respectively, to brief pulses of light disruption during the

night in a pilot study. Aphid colonies have been maintained in a climate chamber at the institute at 15

°C (night) to 20 °C (day), under 16h:8h L:D conditions, on barley cultivar 'Chanson' for several years.

Climate chamber conditions

This study was conducted in the TUM Model EcoSystem Analyzer (TUM*mesa*; Roy et al. 2021) in

Freising, Germany. In this facility, eight separate high-performance climatic chambers allow for a very

high level of between-chamber standardization of abiotic parameters and irradiation conditions

(Teixeira et al., in prep.). Plants were grown under 16h:8h (L:D) daylength regimes, reflecting their

summer growth period, with 21 °C and 16 °C temperatures during day and night, respectively.

Daylights turned on at 8am, and were shut off at 12pm, which enabled us to sample under night

conditions between 6 and 8am. Relative air humidity was kept constant at 60%. During the day, plants

received a full-spectrum light (Suppl. Fig. S1c), and the Photosynthetic Photon Flux Density (PPFD) was

set to 500 µmol m^{-2}s^{-1}.

Experimental design

We performed a full-factorial experiment involving three ALAN treatments, two aphid treatments and

destructive (independent) samplings across four sampling points. Seven climate chambers were used

from October to December 2020, and were assigned to one of three ALAN treatments. As the number

of available chambers limited the replication of our ALAN treatments, the experiment was repeated

in two independent runs. In the first run, two chambers were exposed to ALAN for the full night (*'full*

night'), three chambers were exposed to ALAN that was shut off after the first four hours (*'part-night'*),

and the final two chambers were not exposed to ALAN (*'control'*; Fig. S2). In the second run, three

chambers received full night ALAN, two chambers received part-night ALAN and two served as no

ALAN controls (Fig. S2). Each treatment was switched to another chamber between the two runs, to

account for chamber-specific effects. Effectively, this approach resulted in a total of four replicated

'control' chambers, and five replicated chambers of each of the two ALAN treatments (Fig. S2).

ALAN treatments – Each chamber was equipped with four linked LED modules each consisting of six

white diodes per module (D-15-01-001, 2W, 12V, www.leds24.com), coupled to a dimmer to control

illuminance. Illuminance was measured using a HR4000 spectrometer (using OceanView v1.6.7) paired

to an Ocean Optics Custom Fiber Configuration OCF-102313 equipped with a cosine corrector with

spectral diffusing material (Ocean Insight, Orlando, Florida, US) at pot level and illuminance was set to

levels between 15–20 lux, which are levels commonly observed underneath LED street lights (Bennie

et al. 2016). Measurements with the same spectral meter underneath local LED street lights showed

noisy signals with high temporal variation during measuring intervals of 5– 00 lux. Note that under the

experimental nocturnal light conditions, PPFD levels were below the measurable range of the fixed

TUM*mesa* light sensors, indicating fewer than 0.5 µmol photons m^{-2} s^{-1}. The spectral irradiance of the

climate chambers during the day and spectral irradiance of the LEDs under maximum output capacity

and under the dimmed ALAN treatment levels were measured and visualized after the experiment

using an array-radiometer (Newport OSM400 200-800 nm with Sony CCD-Sensor 2046px and 50 µm

gap, 1 nm spectral resolution, Newport Spectra Physics GmbH, Darmstadt, Germany). Spectral

irradiance for the LED modules under maximum capacity and under set ALAN treatments, and a

visualization of a typical daylight spectral irradiance of the used climate chambers can be found in

Suppl. Fig S1.

Plant and aphid treatments – Barley plants were grown with and without aphids in single round plastic

pots (400 mL, 10 cm, Meyer, Göttingen, Germany). Pots were filled with soil, and watered with 50 mL

of tap water and then left to acclimatize at room temperature for four days, then brought into the

climate chambers, where they were left for another three days. Pots were checked daily and watered

(20 mL) when the soil surface was dry. After this week of acclimatization, two surface-sterilized barley

seeds (5% hypochlorite solution for 2 min, followed by a 1-min rinse with tap water) were planted in

1–2 cm deep holes made in the middle of the pot. Four days after sowing, most seedlings had

germinated, and the smallest seedling was removed from each pot, so that only one plant per pot

remained. Plants were checked daily, and watered to need, three times a week. One week after

sowing, the height of each plant was recorded, and two pre-final (N4) instar individuals of *S. avenae*

'Fescue' were added to all pots assigned to the aphid treatment. The plants from both the aphid and

no-aphid treatments were subsequently bagged around the pot rim with a permeable cellophane bag

(Kopp Verpackungen, Höheischweiler, Germany), which was secured with elastic band to contain the

aphids. For each of the two experimental runs, an independent set of plants was established.

Temporal sampling – Plants were sampled 7-, 10-, 14- and 17-days post-aphid infestation, which

enabled us to investigate how ALAN treatments affected aphid colony growth as a function of harvest

day. At each sampling time point, an *a priori* assigned (independent) subset of plants was sampled. All

eight treatment combinations, i.e., plant-aphid combinations (2 aphid treatments x 4 sampling dates),

were replicated four times within each ALAN climate chamber (hereafter: within-chamber replicates).

This design resulted in a total of 14 (4 control + 5 full night + 5 part-night) ALAN chambers x 2 aphid

treatments x 4 time points x 4 within-chamber replicates = 448 pots, which were *a priori* assigned to

treatments before sowing.

Sampling and response variables – On the sampling days, total numbers of aphids were recorded.

Among adult aphids, winged and unwinged aphids were distinguished. We measured plant height by

measuring the distance between soil surface and the tip of the longest leaf. Chlorophyll levels were

measured on the youngest fully expanded leaf at three points and recorded the average, using a

chlorophyll meter (Konica Minolta SPAD-502Plus, Tokyo, Japan). Plants were placed on a cart in the

evening, and the next morning, destructive sampling occurred between 6am and 7am, before the

daylights turned on. This ensured that we assessed the effects of the ALAN treatments – which by

design occurred at night – on gene expression. Chambers were opened to remove plants for about 5-

10 s. The harvest itself occurred in a dark corner of the corridor, with the only light coming from a dim

emergency light above a door. Shoots were harvested within 5 min of removing plants from their

chamber. To this end, the fresh shoots were clipped with sterilized scissors, folded in labelled

aluminium foil, and flash-frozen in liquid nitrogen. This was done for the first three within-chamber

replicates. We clipped and dried shoots of the remaining fourth within-chamber replicate to

determine shoot biomass. Roots for all four within-chamber replicates were subsequently washed and

dried to determine root biomass. Roots and shoots were oven-dried at 60 °C for at least three days

before weighing.

Gene expression assay – In order to assess the effects of ALAN on plant-aphid interactions, we

performed a reverse transcriptase-quantitative PCR on mRNA extracted from the frozen plant leaf

material. For the gene expression assay we selected the plants harvested at day 10 post-infestation,

as these plants did not yet show signs of aphid stress or yellowing, and hence provided high-quality

samples for our gene expression assay. Before RNA extraction, the sets of three within-chamber

replicates in liquid nitrogen were pooled for each treatment. Shoots of the three samples were ground

and homogenized in liquid nitrogen. Total RNA was extracted from the homogenized sample using a

QIAGEN RNeasy Plant Mini Kit (QIAGEN, Hilden, Germany), following the manufacturer's protocol.

RNA was converted to cDNA using SuperScriptII reverse transcriptase (Invitrogen, Thermo Fisher,

Waltham, Massachusetts, US).

We selected four markers that are associated with defence-related proteins. Two markers amplify *PR1*

and *PR17b*, two genes that code for pathogenesis-related proteins, and are generally involved in

responses to biotrophic pathogens (Christensen et al. 2002; van Loon et al. 2006; Zhang et al. 2012),

and are known to be upregulated in response to aphids (Grönberg 2006; Delp et al. 2009). Two other

markers, *HvERF-like* and *HvWRKY22,* are associated with systemic defence against bacterial and fungal

pathogens in barley (Dey et al. 2014; Lenk et al. 2019). cDNA preparation was followed by qPCR on a

7500 Fast real-time qPCR system (Applied Biosystems, Thermo Fisher) with three technical replicates

to obtain average Ct values per gene and sample. qPCR was performed with the SensiMix SYBR low

ROX kit (Bioline, Meridian Bioscience) using primers from Dey et al. (2014) and Shrestha et al. (2019).

For further statistical analysis, we determined delta Ct (dCt) values by Ct_{target} - $Ct_{reference}$. Under the

assumption that the endogenous reference gene has stable and high expression in all samples,

indicated by a low $Ct_{reference}$, this generally results in a positive dCt value for a sample, where a higher

dCt indicates a lower expression. As we were interested in the relative expression of genes across

treatments, the dCt values were used for further statistical analysis. However, since the experiment

was replicated in two temporally separated runs, and this was an expected source of variation, we z-

transformed the dCt values per run by subtracting the *run mean* dCt from each *sample* dCt, and divided

this by the *standard deviation of the run mean* dCt, effectively taking out the run effect. The resulting

z-score represents an effect size as the distance between run mean dCt and the sample dCt in units of

standard deviation. As a positive dCt z-score indicates downregulation, which is visually not intuitive,

we inverted the z-score signs, so that higher and lower relative gene expression match with the sign

of the plotted values.

Statistical analysis

All analyses were performed in R version 3.6.3 (R Development Core Team, 2020). Linear mixed

models were performed using the package 'lme4' (Bates et al. 2015), and p-values were estimated

using type II Wald Chi-Square tests using car::Anova from the 'car' package (Fox & Weissberg 2019).

Data visualization was done using 'ggplot2' (Wickham 2016).

Plant variables – Plant variables were analysed using linear mixed models; as fixed factors we included

'ALAN treatment', 'aphid treatment' and 'harvesting day'. We included 'run' as a covariate in the

model, and 'climate chamber' as a random intercept, to correct for potential climate chamber effects.

Aphid variables – Aphid variables were analysed using generalized linear mixed models, with a Poisson

error distribution; as fixed factors we included 'ALAN treatment' and 'harvesting day'. We included

'run' as a covariate in the model, and 'climate chamber' as a random intercept, to correct for potential

climate chamber effects. Only pots allocated to the aphid treatment were included in the analyses.

RT-qPCR - Gene expression data were analysed by means of z-transformed dCt values using linear

mixed models. As fixed factors we included 'ALAN treatment' and 'aphid treatment', and 'climate

chamber' as a random intercept, to correct for potential climate chamber effects.

We assessed relationships between gene expression and aphid numbers by averaging the aphid

numbers on the samples that were pooled for the gene expression assays. The relationship between

aphid numbers and inverted z-transformed dCt values was assessed by linear regression.

Results

ALAN and temporal effects on aphid growth

Aphid numbers increased with time, i.e., harvest day (Table 1, Fig. 1a). The total aphid number per

plant was significantly affected by ALAN (Table 1, Fig. 1a). On average, aphid numbers on plants

exposed to full night ALAN were similar to those exposed to dark nights (control), whereas plants

exposed to part-night ALAN had about 14% lower aphid numbers (Fig. 1a). We also observed a

significant interaction between ALAN and harvest day (Table 1, Fig. 1a), indicating that ALAN affected

aphid numbers differently over time. Specifically, both full night and part-night ALAN treatments

suppressed aphid numbers during the first ten days of infestation, after which the aphids exposed to

full ALAN reached numbers similar to aphids exposed to dark night controls, whereas aphids exposed

to part-night ALAN remained substantially lower throughout the experimental duration (Fig. 1a).

When only adult aphids were considered, their numbers were significantly lower on plants exposed

to an ALAN treatment than in the dark night control (Table 1), with adult aphid numbers being 12 and

17% lower on plants exposed to full night and part-night ALAN than on control plants exposed to dark

nights, respectively (Fig. 1b). Harvest day also affected the number of adult aphids in the population

(Table 1), as the number of adult aphids in the population increased over time (Fig. 1b). We observed

no significant interaction between harvest day and ALAN treatment in their effects on adult aphid

numbers (Table 1).

ALAN, aphid and temporal effects on plant performance

Plant height and shoot dry biomass were only marginally (positively) affected by ALAN and plants

tended to be higher under full night ALAN treatment (Table 1, Fig. 2a,b), although post-hoc testing

revealed no significant differences between ALAN treatments. Root dry biomass was significantly

affected by ALAN (Table 1, Fig. 2c), with post-hoc testing revealing that part-night ALAN significantly

decreased root size compared to full night ALAN, but not to controls. Plant height and shoot biomass

were not significantly affected by aphid treatment, but aphids marginally reduced root biomass (Table

1, Fig. 2c). Harvest day positively affected plant height, shoot and root dry biomass (Table 1), as plants

increased in size during the experiment (Fig. 2). We observed no significant interactive effects

between ALAN and herbivory on plant height, shoot or root biomass (Table 1). ALAN significantly

elevated chlorophyll levels in the plants, with plants exposed to full night ALAN exhibiting on average

9%, and plants exposed to part-night ALAN 4% higher chlorophyll levels than control plants exposed

to dark nights (Table 1, Fig. 2b). Aphid presence did not significantly affect chlorophyll levels (Table 1),

but these were significantly affected by harvest day, as levels decreased when plants grew older (Table

1, Fig. 2b).

ALAN and aphid effects on plant gene expression

The expression of some defence genes was marginally or clearly affected by the ALAN treatments

while the presence of aphids increased expression of most of defence genes (Table 2). The expression

of *HvWRKY22* was marginally affected by ALAN treatments (Fig. 3a), with expression being

downregulated when plants were exposed to full night or part-night ALAN treatments (Fig. 3a). The

expression of *HvWRKY22* was strongly upregulated in aphid treatments (Fig. 3a). No interactive effects

were observed on the expression of *HvWRKY22* (Table 2). The expression of *PR1* was marginally

upregulated by aphid treatments (Fig. 3b), but effects of ALAN treatments or interactive effects on

the expression of *PR1* were not observed (Table 2). The expression of *PR17b* differed significantly

between ALAN treatments (Fig. 3c) and was marginally upregulated by aphid treatments (Fig. 3c), and

expression of *PR17b* was significantly lower when plants were exposed to full night or part-night ALAN

(Fig. 3c). The expression of the *HvERF-like* gene was not significantly affected by any of the treatments

(Fig. 3d).

The total number of aphids on those plants used for qPCR analyses positively correlated with the

expression of *HvWRKY22* (R^2 = 0.31, $F_{1,12}$= 5.5, p = 0.037, Fig. 4a), *PR1* (R^2 = 0.55, $F_{1,12}$ = 14.8, p = 0.002,

Fig. 4b), and *PR17b* (R^2 =0.71; $F_{1,12}$ = 29.4, p < 0.001, Fig. 4c), but not with the *HvERF-like* gene (R^2 =

0.002, $F_{1,12}$ = 0.02, p = 0.891, Fig. 4d).

Discussion

In this study, we exposed plants and associated aphids to either full nights of ALAN, nights with a part-night ALAN treatment, where illuminance was switched off halfway through the night, or controls with completely dark nights. We found that plant growth was only minimally affected by ALAN, whereas aphid colony size and the number of matured aphids were reduced significantly by ALAN treatments. Importantly, we found strong differences between full and part-night ALAN. Contrary to our hypotheses, ALAN mitigation – by limiting the duration of light exposure at night – had stronger negative effects on aphid colony growth than nights with full exposure to ALAN. Gene expression assays revealed that defence-associated gene expression was in some cases affected by ALAN, but also strongly positively correlated with aphid colony size, suggesting that the effects of ALAN on plant defences are likely regulated through indirect effects of ALAN on plants via direct disruptive effects on aphid colonies, rather than indirectly via upregulation of plant defences in response to ALAN.

In agreement with our first hypothesis, exposure to ALAN suppressed aphid colony growth. However, aphid colonization patterns differed with the time since infestation, ALAN treatment, and between the aphid parameters. Both forms of ALAN (i.e., full and shut-off ALAN) tended to suppress aphid colony growth in the early stages of plant colonization. However, in the nights that received full ALAN, this effect disappeared towards the later stages post-infestation at the end of the experiment. Under the part-night ALAN, this was not the case, and aphid numbers 17 days after infestation were 14% lower than in the control or full night ALAN. The number of adults recorded at the end of the experiment was suppressed on plants at both ALAN levels, with a reduction of 12 and 17%, respectively, in full night or part-night ALAN compared to aphid colonies on control plants exposed to dark nights. This is important, as the capacity of an aphid population to grow depends on the number of mature adults present at a given time, as well as their fertility. It is likely that slowed maturation, higher mortality and disturbances leading to increased settling times will lead to suppressed colony

formation during the exponential growth phase, although the impact of these individual processes

could not be estimated from our data.

Our results are in line with previous work showing suppressive ALAN effects on plant–aphid

interactions in other model systems, where aphid suppression was associated with changes in plant

phenology, and increases in aphid parasitism by parasitoids (Bennie et al. 2015; Sanders et al. 2015;

Bennie et al. 2018; Sanders et al. 2018). Importantly, our study shows that aphid reduction also takes

place without such external confounding factors. Contrary to the present study, a previous field

experiment with *H. vulgare* and *S. avenae* did not detect effects of ALAN on final aphid densities at

nine weeks (Sanders et al. 2018). However, it should be noted that the study included parasitoids,

which as aphid antagonists, may have affected aphid colony sizes over time. Furthermore, Sanders et

al. (2018) did not investigate temporal aspects, and therefore, any temporal effects of ALAN may have

been masked, or compensated for, as our own data suggest. Other studies that have assessed ALAN

effects on aphid colony size over time have generally included repeated measures of the same colony

(Bennie et al. 2015; Sanders et al. 2015), which allows to assess individual colony responses, but also

elevates the risk of including colony-specific effects that persist over time. In our study, aphid colony

growth was assessed over time on truly independent samples – not by temporal pseudo-replication –

which provides a higher temporal resolution, and also reinforces the generality of ALAN impacts on

aphid colony formation over time.

An important question is what drives the ALAN-induced reduction in total and adult aphid numbers?

Two answers are plausible: On the one hand, ALAN could influence aphids indirectly, via changes in

plant nutritional quality or quantity (plant defence compound and nutritional quality or plant size),

which commonly affects insect performance through bottom-up effects (Will & Van Bell 2006). On the

other hand, ALAN may directly impact aphids, through disturbance of natural behaviour such as

settling times that may limit feeding, and ultimately, fitness. Our data suggest that plant size was only

marginally affected by ALAN. Although various studies have suggested that resource availability could

be the main driver through which ALAN impacts insect responses (Sanders et al. 2015, Bennie et al.

2015), plant size under levels of infestation observed in our study are unlikely to be limiting to aphid

population growth, as plants were large, and aphid numbers relatively low. It thus seems more

plausible that potential bottom-up effects are mediated via plant quality, not quantity. We observed

a significant increase in chlorophyll levels – a proxy for plant health and quality – when plants were

exposed to ALAN, but as our data suggested only a weak and positive relationship with aphid numbers,

it is highly unlikely that chlorophyll levels alone are responsible for aphid suppression under ALAN.

Future research should focus on how ALAN may affect plant quality for aphids, and especially the

diurnal variation in the phloem composition (Douglas 2006), in order to better understand the possible

links between ALAN, the plant and ALAN-induced aphid suppression.

As plant size and health status seemed to have only minimal influence in the ALAN-driven reduction

in aphid colony size, we investigated impacts of ALAN on plant-aphid defence pathways. We assessed

the expression of four defence-associated genes in barley corresponding with different defence

pathways, to test whether exposure of plants to ALAN would result in a regulation of specific

pathways. To this end, we assessed the ALAN-associated transcript accumulation of two *PR* genes,

which are commonly associated with innate immunity in plants (van Loon et al. 2006; Wang et al.

2018). In particular, *HvPR1* and *HvPR17b* are induced upon infection of barley with pathogens and are

presumed to positively correlate with defence (Christensen et al. 2002; Grönberg 2006; Delp et al.

2009; Zhang et al. 2012)*.* Further, *HvWRKY22* and *HvERF-like* have previously been positively

associated with SAR-like systemic defence in barley (Dey et al. 2014).

We observed marginal effects of ALAN on the expression of *HvWRKY22*, and a strongly significant

effect of ALAN on the expression of *PR17b*. We did not find any effect of ALAN or aphid treatments on

the expression of *HvERF-like* gene expression, suggesting that this gene, which is associated with

systemic pathways (Dey et al. 2014), is unlikely to respond to variation in light at night and is not

involved in plant defences against aphids. Contrary to our expectation that ALAN would upregulate

plant defences, ALAN decreased the expression of *HvWRKY22* and *PR17b*, and we observed similar

but non-significant patterns in *PR1*. Only in the case of *PR17b*, the levels of expression were

significantly lower under ALAN treatments, compared to levels in control plants exposed to dark

nights. Gene expression did not differ significantly between ALAN level treatments and controls in the

plants that were not exposed to aphids, suggesting that constitutive levels of defences were not

affected by ALAN. In fact, for *HvWRKY22*, *PR1* and *PR17b*, but not for *HvERF-like* gene, the gene

expression correlated tightly and positively with the aphid numbers present on the plant.

This suggests that patterns of expression differing between ALAN treatments were likely not the result

of direct ALAN effects on plant defence regulation, but instead more likely a result of direct disruptive

effects of ALAN on aphid feeding or settling behaviour and resultant suppression of colony growth,

and that this, in turn, is reflected by a reduced transcript accumulation of certain defence-associated

genes. Importantly, from these results, we cannot conclusively state that ALAN does not affect plant

physiology. Our analyses focused on a limited number of genes that are involved in constitutive and

induced plant defence responses against aphids. A more holistic approach, for instance using meta-

transcriptomics of plants under ALAN or dark night treatments could reveal how ALAN may affect

transcriptional regulation of phytohormonal defence mediation, as well as other pathways involved,

for instance, in secondary metabolism.

There are various alternative plant physiological pathways through which ALAN might affect the

phytobiome (Heinen 2021). For instance, exposure to ALAN can disrupt stomatal activity, above-

belowground allocation, and the nocturnal starch turnover from above- to belowground

compartments (Stitt & Zeeman, 2012; Kwak et al. 2017; 2018). Disruptions in starch metabolism may

result in changes in concentration and composition of sugars in phloem tissues, and as aphids are

directly affected by phloem sugar concentrations via the 'sugar barrier', which requires strong

osmoregulation in the aphid gut to excrete it (Douglas 2006), it is entirely plausible that such a

pathway might affect probing, feeding and reproductive success, leading to altered aphid colony

growth. As such, future studies should investigate ALAN effects on sugars, amino acids, micronutrients

and secondary metabolites in the phloem that are important for aphid performance. For instance,

changes in carbon metabolism over diurnal cycles can greatly impact interactions between plants and

their microbiome (Baraniya et al. 2018), and knowing how ALAN may impact on carbon metabolism

and affect interactions between plants and other organisms will be an exciting direction for future

research (Heinen 2021).

The most likely explanation for the suppressive effects of ALAN on aphid colony growth is via direct

effects on aphid behaviour. Aphids perceive light intensity and can respond to low light intensities by

producing winged adults (Alkhedir, Karlovsky & Vidal 2010). Aphids also express diurnal rhythmicity in

locomotor and metabolic activity (Beer et al. 2017), even independent of their plant hosts, which are

strongly rhythmic (Joschinski et al. 2016). Despite strong cyclic circadian clock gene expression, aphids

continue the various stages of their feeding cycles throughout the night, which is hypothesized to be

an important element for osmoregulation of high phloem sugar content (Douglas 2006; Nalam et al.

2021). Light has been shown to disrupt aphid behaviour, and more strongly so during the night

(Narayandas & Alyokhin 2006). We thus speculate that ALAN led to disruptions of settling and feeding

behaviour, lowering the uptake of resources, which in turn explain smaller aphid colony sizes and

number of matured adults, and the tightly linked defence gene expression, as observed under our

treatments. Further tests to examine how ALAN impacts aphid feeding behaviour, should make use of

electrical penetration graph analyses (Tjallingii 1978), which record the probing behaviour of aphids

over time, to compare aphid behaviour under dark and lit nights.

An important finding is that contrary to our hypothesis, a mitigation of ALAN levels at night through a

midnight shutoff of the light source enhanced the adverse ecological effects of ALAN on insects. A

popular belief is that the ecological side effects of light pollution could be mitigated by optimizing

lighting schemes to match human activity patterns, and turning off lights after peak activity. However,

our data suggest that after experiencing a short duration of ALAN, turning off the lights has more

detrimental effects than keeping them on. These findings are difficult to explain. One possibility is that

a midnight shutoff strategy may be experienced as a double ecological stressor. First, the organisms

experience a lit night, which may be seen as the first stressor, which is then followed by a severely

reduced dark recovery period, i.e., further stress, although the mechanism is unclear. However, we

argue that the ecological consequences of specific mitigation strategies should be understood before

implementation, as despite good intentions, they may in certain conditions do more harm than good.

Our study also highlights the physical limitations of ALAN research. One example is the typical choice

to use illuminance – expressed in lux, which is a photometric unit – in most ALAN research. This means,

that the radiometric quantity will be weighted with a visual function describing the wavelength

dependent response of the human eye. The photopic function of the human eye have the maximum

at 550 nm and reach from ca. 380 nm to 780 nm, this wavelength range can be named in a strict

meaning as light (Aphalo et al. 2012). However, light is in the physical sense better described by the

spectral irradiance with the unit $Wm^{-2}nm^{-1}$, radiant energy per time per effective receiver surface and

per wavelength interval. This is where ALAN research becomes more problematic, as its spectral

irradiance generally falls below thresholds measurable by standard equipment. Another problematic

aspect is that in the lower ranges of spectral irradiance, the ratio of noise to signal is very high (cf.

Suppl. Fig. S1b). Measurements conducted under LED street lights in the field confirm low signals of

irradiance, with comparatively high levels of noise. A better physical characterization of ALAN

irradiance spectra, and its reach in nature is essential to understand the breadth of ecological impacts,

especially on sessile organisms such as plants.

Despite significant advances in the field, the effects of ALAN on plants and plant-associated organisms

are understudied (Heinen 2021). We aimed to generate a better understanding of how ALAN impacts

on aphid colony formation over time, as mediated via plant quality and quantity. In general, ALAN

impacts on barley plants appear to be minor, but regardless exposure to ALAN leads to substantial

reductions in aphid colony size and maturation, which appear to be direct disruptive effects of ALAN,

rather than plant-mediated effects. Our study especially highlights the difficulties associated with

mitigation of the ecological side effects of ALAN, as a reduction of the light intervals increased the

negative impact of ALAN on aphids. Rather little is known about how ALAN affects insect communities

on crops and wild plant species. These findings highlight the need to study the impacts of ALAN in

natural ecosystems, and we show that the solution to light pollution may be more complex than the

flip of a switch.

Acknowledgements

We thank Roman Meier for advice and engineering support in the TUMmesa phytochamber facilities.

We thank Hans Hausladen and Stefan Kimmelmann for advice and help in obtaining soil for the pot

experiment. We thank Sharon Zytynska for supporting the project. The experiment was supported by

DFG grant 397565003 WE 3081/36-1 awarded to Sharon Zytynska and WWW.

 Figure legends:

Figure 1: Box plots depicting effects of ALAN treatments and sampling time on a) aphid colony size

(n=16-20), and b) number of adult aphids within the population (n=16-20). Box colours depict ALAN

treatments, with grey being control, yellow part-night ALAN, and green full-night ALAN. Boxes

represent median values with upper and lower quartiles, and whiskers represent 1.5x the

interquartile range; individual dots represent outliers. Simplified mixed model output is indicated in

the graphs, and detailed model output can be found in Table 1.

Figure 2: Box plots depicting effects of ALAN treatments and sampling time on a) plant height (n =

16–20), b) chlorophyll content (SPAD units) (n = 16–20), c) root (n = 16–20) and d) shoot dry biomass

(n = 4–5). Box colours depict ALAN treatments, with grey being control, yellow part-night ALAN, and

green full-night ALAN. Boxes represent median values with upper and lower quartiles, and whiskers

1.5x the interquartile range; individual dots are outliers. Simplified mixed model output is indicated

in the graphs, and detailed model output can be found in Table 1.

Figure 3: Box plots depicting effects of ALAN treatments on standardized gene expression of a)

HvWRKY22, b) *PR-1*, c) *PR-17b* and d) *HvERF-like gene* markers (each n = 4 (control) or 5

(treatment)). Box colours depict ALAN treatments, with grey being control, yellow part-night ALAN,

and green full-night ALAN. Boxes represent median values with upper and lower quartiles, and

whiskers represent 1.5x the interquartile range; individual dots represent outliers. Simplified mixed

model output is indicated in the graphs, and detailed model output can be found in Table 2.

Figure 4: Relationships between the average number of aphids on barley plants assigned to a pooled

sample, and the standardized gene expression of a) *HvWRKY22,* b) *PR-1*, c) *PR-17b* and d) *HvERF-like*

gene markers across ALAN treatments. Linear correlations with 95% confidence intervals were fit if

the linear relationship was significant.

 Tables:

525 Table 1: Output of general linear models testing the effects of ALAN (A), herbivory (H) and time (T) on the number of total aphids, the number of adult
526 aphids, plant height (cm), shoot biomass (g), root biomass (g), chlorophyll levels (SPAD units). Presented are degrees of freedom, Chi-square statistics and p-
527 values. Significant effects are marked in bold, and marginally significant effects in italics.

	Total aphids		Adult aphids		Plant height		Shoot dry mass		Root dry mass		Chlorophyll level	
	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)
Run	1	**51.2 (<0.001)**	1	*2.9 (0.089)*	1	**63.3 (<0.001)**	1	**13.6 (<0.001)**	1	0.8 (0.383)	1	**36.0 (<0.001)**
ALAN (A)	2	**103.7 (<0.001)**	2	**10.4 (0.005)**	2	*4.7 (0.094)*	2	*5.1 (0.078)*	2	**6.9 (0.032)**	2	**8.1 (0.017)**
Herbivory (H)	-	-	-	-	1	0.6 (0.456)	1	2.1 (0.146)	1	*3.7 (0.055)*	1	2.6 (0.109)
Time (T)	3	**3166.4 (<0.001)**	3	**406.8 (<0.001)**	3	**123.8 (<0.001)**	3	**21.0 (<0.001)**	3	**10.7 (0.013)**	3	**73.7 (<0.001)**
A x H	-	-	-	-	2	1.8 (0.412)	2	0.2 (0.911)	2	2.4 (0.301)	2	1.4 (0.504)
A x T	6	**31.2 (<0.001)**	6	7.8 (0.254)	6	1.2 (0.974)	6	8.4 (0.210)	6	5.5 (0.487)	6	4.8 (0.565)
H x T	-	-	-	-	3	0.1 (0.995)	3	3.3 (0.351)	3	2.2 (0.525)	3	0.3 (0.957)
A x H x T	-	-	-	-	6	1.8 (0.934)	6	3.9 (0.697)	6	0.3 (0.999)	6	6.8 (0.338)

529 Table 2: Output of general linear models testing the effects of ALAN (A), herbivory (H) and time (T) on the standardized expression of *HvWRKY22, PR-1, PR-*
530 *17b,* and *HvERF-like* marker genes. Presented are degrees of freedom, Chi-square statistics and p-values. Significant effects are marked in bold, and
531 marginally significant effects in italics.

	HvWRKY22		*PR-1*		*PR-17b*		*HvERF-like*	
	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)	d.f.	χ^2 (p)
ALAN (A)	2	*5.9 (0.053)*	2	3.3 (0.192)	2	**10.1 (0.006)**	2	0.5 (0.779)
Herbivory (H)	1	**8.0 (0.005)**	1	*3.6 (0.057)*	1	*3.1 (0.077)*	1	0.0 (0.998)
A x H	2	3.5 (0.170)	2	2.4 (0.302)	2	1.9 (0.381)	2	1.3 (0.531)

 Figures:

 Figure 2:

(a)

(b)

536   Figure 3:

539   Figure 4:

543   Figure 5:

(a)

(c)

(b)

d)

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