



Daylight Hour

Communications Guide

About

[Daylight Hour](#) is a global social media campaign promoting sustainability and energy efficiency in the built environment. On **June 20th, 2025**, we ask participants to turn off their electric lighting in daylit spaces from **12 - 1 pm local time** and involve themselves in the social media event.

Social Media

Daylight Hour is a collaborative event, and we are constantly encouraged by those who engage. For inspiration from previous years, see our [#daylighthour gallery page](#).

Email Outreach Sample

[Organization] is participating in Daylight Hour 2025. Hosted by the Building Energy Exchange, this is an annual social media campaign raising awareness about energy efficiency in the built environment. On June 20th, participants all over the world will turn off their lights for one hour (12 - 1 pm local time) and share their experiences via social media.

Join [Organization] and the #DaylightHour campaign to save 40 Empire State Buildings worth of energy! By turning off our lights, [Organization] can save [Calculator #] of energy. #DaylightHour is a simple and enjoyable way to showcase our collective potential to promote sustainability. Let's make a positive impact on our planet together!

Challenge

In just one hour, the Daylight Hour Campaign aims to save 40 Empire State buildings worth of energy! [Use our calculator](#) to see how much energy your organization can save.

Participation is fun and easy

- 1st. [Register here](#).
- 2nd. Calculate the energy you will save by participating [here](#) and help save 40 Empire State buildings worth of energy.
- 3rd. On June 20th, 2025, turn off your office lights from 12 - 1 pm local time.
- 4th. Promote your involvement on social media and join thousands of participants. Make sure to use the hashtag #DaylightHour.
- 5th. Tune in to @daylight_hour from 12:30 - 1 pm EST on [Instagram](#) or [Twitter](#) to find out the number of Empire State Buildings worth of energy we have saved! During the event, we will be highlighting the best and brightest Daylight Hour participants.

By participating in Daylight Hour 2025, you join an inspiring community of organizations excited by a decarbonized future!

Register here: <https://daylighthour.org/join/>

Contact

For more information, please email Stephanie Le (sl@be-exchange.org).

Press Kit

Logo: [Download here](#)



Graphics:



[Download here](#)



[Download here](#)

[Download here](#)

Twitter:

1. Don't forget #DaylightHour by @BEEExNY on June 20th, from 12 - 1 pm [local time]. This summer solstice, [Organization] will turn off our lights and let daylight in. Post on social media using #DaylightHour. <https://daylighthour.org/join/>
2. #DaylightHour is a global campaign by @BEEExNY that celebrates our collective power to improve our work and natural environments. On June 20th, [Organization] will be turning off our office lighting from 12 - 1 pm [local time]. <https://daylighthour.org/join/>
3. Lights off! [Organization] is participating in @Daylight_Hour by @BEEExNY. This year we're joining the global campaign to save 40 Empire State Buildings worth of energy in one hour! On June 20th, turn off non-essential lighting and share your involvement with #DaylightHour. <https://daylighthour.org/join/>

LinkedIn / Facebook:

1. Lights off! [Organization] is celebrating sustainability with #DaylightHour, a global campaign by @Building Energy Exchange that saves energy, decreases carbon emissions, and improves wellbeing by turning off the lights and letting daylight in.

On June 20th, participants all over the world will turn off their lights from 12 - 1 pm [local time] and share their experiences via social media. It's a fun and simple action that recognizes our collective power to improve sustainability and well-being in our built environment.

Learn more about Daylight Hour and register your organization at <https://daylighthour.org/join/>

2. #DaylightHour 2025 is happening. On June 20th, 12 - 1 pm [local time], [Organization] will turn off our non-essential lighting in the workspace!

Join [Organization] to save 40 Empire State Buildings worth of energy in one hour! By turning off our lighting we'll be saving [Calculator #] of energy. Organized by **@Building Energy Exchange**, #DaylightHour is a fun and easy way to demonstrate our collective ability to reduce our climate impact while improving our built environment.

Participation is simple. Learn how at <https://daylighthour.org/join/>