

# Accelerating Onset of Breeding Season

Great Lakes Equine Wellness Center recommends 2 methods:  
Artificial Lighting: Start by December 1st



## 1. Expose to 16 hours of light per day:

- Use 100-200 watt incandescent light bulb after sunset in a 12' x 12' stall to extend photoperiod
- Minimum of 60 days of exposure prior to the onset of breeding
- Intensity of light (not the type) is the important factor; 10-15 footcandles (>107 lux)
- Ensure the additional time is applied only in the evening—artificial light of similar duration is ineffective when applied prior to the time of sunrise



## 2. "Pulse Lighting" – Night interruption:

- This is the more energy efficient, cost-effective way
- Use timers on the lights
- Expose the mares to 1 hour of light, 9.5-10.5 hours after sunset
- Ex. 5:00 pm sunset, 2:30am begin light exposure
- Minimum of 60 days of exposure prior to the onset of breeding
- Use 100-200 watt incandescent light bulb for a 12' x 12' stall
- Intensity of light same as above
- Similar results as other method
- By the end of February 85-90% of mares start to cycle

