

For Freshwater PAR levels please click [here](#).

The list below shows the light ranges needed for coral growth.

The minimum figures are used as a guide line where growth will be minimal and the health of the coral may come into question.

At the maximum level no more growth will occur for an increase in light.

Remember PAR is a better measurement of quantity of light than quality.

A [seneeye](#) reef device will help you do more analysis than just PAR.

You can find more information on Aquarium lighting [here](#).

Organism	Genus	Species	Lighting Requirement	PAR ( $\mu\text{E m}^2\text{sec}$ )		
				Minimum	Ideal	Maximum
Anemone	Anthopleura	elegantissima		73		None
Coral	Acropora	cervicornis	Medium	281	306	331
Coral	Acropora	digitifera	High	82	327	600
Coral	Acropora	divaricata	Very Low	10	77	200
Coral	Acropora	formosa	High	170	340	600
Coral	Acropora	gemmifera	High	170	340	600
Coral	Acropora	granulosa	Low	53	107	450
Coral	Acropora	microphthalma	High	170	300	600
Coral	Acropora	millepora (coenosarc)	Medium	100	190	500
Coral	Acropora	millepora (polyp)	Medium	140	230	550
Coral	Acropora	nobilis (coenosarc)		170	310	600
Coral	Acropora	nobilis (polyp)		100	180	500
Coral	Acropora Species		Medium	131	246	503
Coral	Cyphastrea	serailia		100	150	200
Coral	Cyphastrea Species			100	150	200
Coral	Montipora	capitata		135	193	250
Coral	Montipora	tuberculosa (coenosarc)	Low	130	180	250

Coral	Montipora	tuberculosa (polyp)		100	300	400
Coral	Montipora Species			122	224	300
Coral	Pocillopora	damicornis	Medium	150	225	400
Coral	Pocillopora	eydouxi	High	250	323	425
Coral	Pocillopora	meandrina		275	350	425
Coral	Pocillopora Species			225	299	417
Coral	Pavona	varians	Low	110	230	350
Coral	Pavona Species			110	230	350
Coral	Porites	cylindrica		150	200	250
Coral	Porites	lobata	Medium	250	300	350
Coral	Porites	lutea	High	400	575	750
Coral	Porites Species			267	358	450
Coral	Sinularia	densa		207	304	400
Coral	Sinularia Species			200	300	400
Coral	Stylophora	pistillata (Shade)	Diverse	40	200	600
Coral	Stylophora	pistillata (Light)	Diverse	40	300	600
Coral	Stylophora Species			40	250	600

This list was produced in association with Arcadia - the experts in aquarium lighting.

<http://www.arcadia-aquatic.com>