

LED Incident Reports November 2024

<https://www.softlights.org/led-incident-reports/>

November, 2024

November 30, 2024 – Fontana, CA – Electromagnetic Sensitivity

The new LED headlights are so bright and blinding that I have to look at the fog line to watch the road and keep straight so I can't even see straight forward or the whole road, I have to constantly keep my eyes focused on the right side of the road not to have the light directly in my face/eyes. The LED lights are pointing towards the oncoming traffic and it seems like it's almost on purpose. The light off the cars are not even on both sides, they are tilted more towards the left and directly on to the oncoming traffic lanes. You can see the lines that come off the car on the road and it's obvious they don't have their lights facing straight. I get migraines from the bright glare at night it has just made driving at night tremendously uncomfortable and dangerous. At least regulate or enforce the direction of the light or something cause on the highway or freeway it's even worse as I have hundreds of cars with a bright blinding light facing my driving direction and it seems blinding other drivers to me should be illegal because it feels like it isn't and no one does anything about it.

November 30, 2024 – Orlando, FL – Migraine

I can no longer drive outside at night due to ongoing issues with bright headlights. This is especially problematic during the fall and winter as the sun sets much earlier.

November 30, 2024 – Brighton and Hove, United Kingdom

My life is pretty much destroyed by LED's.

If I look at a bright bulb for even a few seconds it triggers brutal migraines & vomiting for up to 3 days in bed with unbearable pain. The longer I'm exposed the worse it is.

Tried all the fl-41 glasses. Forget driving as all the newer cars have the 'led daylight running lamps' by default. It's an effing nightmare.

November 29, 2024 – Middle Village, NY – None

Every time I get in my car, I am blinded by car/truck LED lights. So dangerous...literally can't see. Why is this allowed? Who is responsible?

November 29, 2024 – Monmouth, OR – None

The presence of LED lights from oncoming traffic vehicles causes temporary blindness which is unsafe for drivers on the opposite lane. If nothing is done, there will be more frequent traffic accidents and potential deaths on the road.

November 28, 2024 – Eatonton, GA – None

Driving on a county 2 lane road I was approached by a late model “tall” pickup truck...that had very bright lights blinding me. I slowed down to 35 mph as I went by this truck. My eyesight definitely got the “halo effect” ...a deer was standing dead ahead in my lane just as I got past the truck. Didn’t have any chance of avoiding the deer. Front bumper got crunched inward...front grill destroyed...and the AC condenser coil ruined. Damage estimated at \$2,400. I could not afford full insurance coverage as my vehicle is 20 years old. (My car looked and ran very good). Too many people just don’t dim headlights for courtesy sake anymore.

November 27, 2024 – Lancaster, ON, Canada – Electromagnetic Sensitivity

Screeching tinnitus, organ pain(liver, pancreas and kidneys), needles in the eye pain, extreme pain in bones, cranium, burning of the skin, migraines, worsening astigmatism, extreme photosensitivity,

November 27, 2024 – Stratford, ON, Canada – Autism

I’m autistic and have migraines, playing hockey requires a lot of night driving home as well as driving home from my partners place. Due to how bright lights are now, they spike my sensory issues and migraines causing me to lose focus on the road. This was never an issue until the last few years with the spike of LEDs, the yellow tints were so much easier to deal with over the new blue. Even walking at night with my dog, the lights cause no one to be able to see my boy and I even when we are on sidewalks etc. it’s awful having to dull down my own life and avoid things after dark just because everyone has sonic beams! It’s dangerous as hell for everyone, why is this even a thing!?

November 26, 2024 – Van Alstyne, TX – Other

I get constant floaters in my vision that last up to an hour. These new LED lights are an extreme hazard to safety. There is no benefit to blinding traffic. It isn’t safe for any party involved.

November 26, 2024 – Montclair, CA – None

It’s blinding me. The cars lights are so bright I have to stop in the middle of the road because I’m blinded by these trucks and teslas with LEDS

November 25, 2024 – Manassas, VA – Photophobia

This incident occurred at night on November 24, 2024. I wanted to go see a friend who is moving out of town, who lives about about 45 minutes away and most of that is on the highway. I usually avoid driving at night, especially on the highway, but felt it was worth the discomfort to see my friend. The whole way there, donning sunglasses and squinting my eyes, was an uncomfortable experience to say the least, I’m in a low-riding sedan. But the worst part was, after driving 40 minutes I missed a turn, and ended up back on the highway. Then, I missed another turn, ending up on another highway. What a nightmare. I did not ever arrive at his house, because my missed turns took me 25 minutes off-route. I pulled over and cried, then drove home. It was the worst experience I’ve had with night driving to date.

November 25, 2024 – Vacaville, CA – Autism

I was driving East on E. Monte Vista Ave. when I struck by the LED flashing lights on an RRFB. Instead of the RRFB making me stop, I start yelling fuck, fuck, fuck, fuck, fuck, fuck as I tilted my head down and drove straight through to escape the LED assault and save my life.

November 24, 2024 – Esparto, CA – Autism

I turned right at a T-intersection and was immediately struck by amber LED strobe lights on an AT&T

utility truck. I yelled out profanity, raised my arms to try and block the strobes, closed my eyes, and felt a sudden urge to drive my car straight into the AT&T truck. Instead, I pulled over to the side of the road until I recovered.

November 24, 2024 – Hickory, NC – None

Can no longer drive at night due to extremely bright LED headlights blinding me. I have no health issues that would cause sensitivity to bright light

November 24, 2024 – Bennington, VT – Epilepsy

I was taken to the ER for a medical emergency unrelated to my epilepsy. I've been to this hospital many times over the years to see specialists get health screenings, visit friends etc. My doctor had called ahead to the hospital, telling them about my LED-reactive seizures and how critically important it is that I not be exposed to LED light even momentarily. She told us the head ER nurse assured her the ER staff understood and would treat me in an LED-free setting. My doctor told my husband to remind whoever first met us at the ER when we arrived, just for reinforcement. We got there, he did, the attendant said yes she'd got the message, I was put in a wheelchair and raced inside – right into the LED-lit emergency room. I had on a hat and glasses but I instantly started to shake all over. My husband grabbed the wheelchair and got me out of there fast, leading to a fraught ordeal, trying to figure out how I could be treated for the medical emergency that had sent me to the hospital, without putting me at risk of potentially fatal epileptic seizures caused by the hospital's new LED lighting! Ultimately they managed to set up a treatment area in a back hallway near the ambulance bay, which had large windows and overhead lights which could be turned off. My husband had to push me in the wheelchair around the outside of the building and up a restricted driveway to reach it. If I hadn't been so sick, I would have been terrified that an ambulance would pull up with its flashers going. Thankfully all went pretty well from then on and I was released just in time to get home before the LED streetlamps came on.

When I recovered, I called the hospital to discuss the need for a section of the ER and other parts of the hospital complex to be LED-free, clearly labeled, so that anyone with an LED-reactive medical condition can be safely, promptly seen and treated. I asked them to think of it as a disability aid, exactly like the need to have ramps and braille, to consider safe lighting a medical necessity, like being vigilant about dietary restrictions for their patients. The staff member said they would pass on my request and get back to me in two weeks. Two months later, this is what I was told: The hospital had recently remodeled with all LED lighting and wasn't going to remove or alter any of it. If I have to go there again, for emergency treatment or anything else, my options are 1) call ahead and tell them I can't tolerate LED light 2) Be admitted under the LEDs and when I start convulsing they will give me lorazepam and put me on a lamotrigine drip for the duration of my stay or – if I'm not happy with either of those options – 3) go somewhere else. (Thoughts on those options: 1) My doctor did call first. Luck and scrambling got us through that ER visit, not planning and proper care, plus calling ahead obviously isn't always possible. 2) Do they know I can even take those drugs? Might being drugged interfere with whatever other procedure I went there to have? Will I be able to communicate with anybody? Give consent? And how do I leave the hospital if I have to pass under the LEDs after the lamotrigine drip is removed? 3) We live in a rural area. The next closest hospital is over twice as far away.)

Quite the striking situation, isn't it? We're menaced with increasingly frequent medical emergencies, injury, and illness, caused by forced public encounters with demonstrably dangerous LED lights, and we need medical care, health protection and practical real-life solutions more than ever, but safety vehicles and hospital facilities are becoming yet another source of the threat!

November 23, 2024 – Zimmerman, MN – Astigmatism

I can't see with the headlights. I'm tempted to put mirrors on my car.

November 23, 2024 – San Antonio, TX – Astigmatism

I have to obstruct my own vision to block such ridiculously bright headlights, this is dangerous. I am left with dark spots in my field of vision, much like after staring directly at the sun. How is this legal?

November 23, 2024 – Sacramento, CA – Autism

I was driving in town when I was struck by a debilitating blue LED flashing light in a store window. I have previously notified the owner of this store twice that I cannot neurologically tolerate the intensity and digital pulsing of this light, but they haven't acted to turn it off.

November 23, 2024 – Yolo County, CA – Autism

I was driving on the highway when a firetruck with red and white LED strobe lights approached me. I could see it about half a mile away. I started to panic, knowing that I wouldn't be able to tolerate it as it came closer. I pulled into a parking lot and waited for the firetruck to turn onto another street.

November 23, 2024 – Hermosa Beach, CA – Electromagnetic Sensitivity

It is painful and dangerous to drive at night anymore due to the extreme brightness and glare caused by oncoming and rearview LED headlights. I have to use one of my hands to physically shield my eyes or use the sunvisor to try to decrease the intensity of the light shining into my eyes. If I use or have exposure to LED lightbulbs at night, I experience headaches and cortisol spikes with delayed or interrupted sleep throughout the rest of the night if I can't reduce the intensity myself (if I am out in a restaurant for instance.) It is clear that there is a problem with the intensity and quality of light we are surrounded with in our modern lives. I hope to see a shift back to light that is more aligned with natural levels and frequencies.

November 23, 2024 – Camby, IN – None

They've annoyed me greatly the last couple years but this one has been the absolute worst and not getting better. I was driving home at dusk a few days back and was blinded by an oncoming car. As soon as I could see something again, there was a jogger right in front of me. Had to swerve last minute to avoid hitting him.

People are/will be hurt or killed because of these stupidly blinding lights. I can't believe the stock lights are coming out this way. Had both a police car and School Bus blinding me yesterday. Sad & Ridiculous. I feel the day coming that I have to refuse driving at night.

November 23, 2024 – London, ON, Canada – Migraine

With the increased use of LEDs in many lighting scenarios, it is making it impossible for me to exist in the world. Both fluorescent lights and LEDs cause migraines for me. A mere exposure to these lights for 5 minutes can take me down physically for at least 24 to 36 hours. While it is always a challenge visiting establishments, and lighting my home, those are things I can somewhat moderate. I buy different lights, I just don't go into stores that make me sick. What I cannot avoid, and cannot mitigate, are the increased use of LED in the headlights of vehicles on the road. I can appreciate people wanting to have bright lights for scenarios where the increased brightness will increase safety, but that's why we have high beams on our vehicles. If you're on a country road at night, you turn your high beams on, and then when another vehicle approaches from the opposite direction, you turn your high beams off until you

pass each other. You would not constantly leave your high beams on while driving in a city, that is lit with street lights. These excruciatingly bright LED headlights are making it impossible for me to have any independence after the sun goes down, as it is not safe for me physically when driving. Surely the selfish “right” to have the brightest headlights out there just in case you’re in a very dark area is a lesser right than what is owed to the general population, let alone those with health issues, to have the right to be safe while driving. Please, please, before someone gets seriously hurt, regulate the type of lighting that can be used in vehicle headlights.

November 22, 2024 – Springfield, MO – Migraine

After a TBI years ago, I am now a migraine sufferer. I cannot look at the flashing or strobe lights without instant pain. It has been so hard to safely pass by emergency vehicles as flashing and LEDs both blind and cause instant splitting pain. Trying to get by a wreck or incident is really really tough while you are trying go around and not hit people or cars in the road. I have literally stopped my car in the middle of the road at night, even on a curve, multiple times because I was so blind I could not see the road, the other vehicle – nothing! It’s as if someone suddenly blindfolded me while driving. How are people navigating this terrible issue? Tonight was a little darker than usual, without a moon, and I was struggling to repeatedly get blinded/see on a long 2-lane rural road. Going over a curvy set of river bridges with rails was terrifying, leaving me blinded for a moment trying to navigate curves. Halfway through the 7-mile trip, the repeated brightness moved to migraine, nausea, and fear I was going to wreck. I was literally wondering what my future holds if I can’t drive to see my kids, or even get home from work safely after dark because of these lights. It feels like no one cares – even insurance companies. They HAVE to know; they drive too! Even LED Christmas lights are too much when flashing. We also been blinded by directly placed LED garage lights on houses recently. It’s like a direct police spotlight at a T-intersection. I can’t see if anyone is coming to the left, due to one homeowners LED beacon staying trained right in my eyes. Tonight, I also made a right turn at a 4-way stop. Because of being blinded mid-turn, I couldn’t tell how close the car waiting to turn was in front of me as I rounded to the next road. Not only did I fear hitting the other car right in the door I heard a sickening crunch as my back tire fell off the road edge and hit much further than the wheel rim.

November 22, 2024 – Oakdale, MN – None

Spun out on a snowy day because I could not see lane dividers due to an incoming car’s lights. This car was in a highway lane separated from the other lane of traffic by ~100ft and was really not even close to me. I could not see how far the car in front of me was due to the lights of the incoming car and the blinding headlights of the truck tailgating me, so I braked and overcorrected because I could not even see the lane dividers. Spun out into a ditch. If I were a worse driver or driving distracted I could have easily hit another car and injured someone.

November 22, 2024 – Washington, PA – None

LED headlights are absolutely destroying the ability for average people in average cars (SOME with major health issues that are now jeopardizing the safety of the person/s) to drive...no matter day or night because the light travels just as strongly when the sun is out. It’s forcing people to take action on their own, some using spotlights against the blinding LED’s...others using 3M reflective tape on visors and backseat headrests to shine it back in the eyes of the owner. We should not have to do these things. Furthermore, I’ve noticed an increase in incidents where they keep THEIR highbeams on with total disregard for others while they scroll on their phones or distract themselves in other ways. There is way too much entitlement and a total misunderstanding that these people have when it comes to blinding

others. Something needs to be done before every vehicle on the road is equipped with these blinding lights and then we ALL develop vision issues and perhaps even other yet-unknown issues dealing with these lights. I appreciate you taking the time to read my 'rant' but the words stand true with SO many people.

November 21, 2024 – San Jose, CA – Astigmatism

LED light are always on when it's not appropriate. I drive a small car so there in my direction vision I have to slow down to avoid causing an accident.

November 20, 2024 – Marienville, PA – Migraine

When leaving my office, I often encounter an overwhelming amount of LED lights, both indoors and outdoors. On one particular day, the reflection of the sharp, laser-like beams of LED lights from a puddle nearly triggered a seizure. Fortunately, I only suffered a four-day migraine as a result.

The parking lot is especially problematic. The LED lights there create an environment that feels almost hostile both from cars and parking lot street lights. Every time a vehicle starts, its LED beams cut sharply through the area, creating an overwhelming and disorienting experience. It feels less like lighting and more like a physical assault.

On this day, as I navigated the parking lot, I inadvertently came too close to a vehicle that had been electronically started. A brief glimpse of its LED fog light—despite it not being directed at me—triggered severe symptoms, even though I was wearing IR5 welding goggles and red glasses designed to block all blue wavelengths. This intense combination of protection stops the seizures. It does not stop the migraines. The impact was immediate and profound. My face went numb, my eyes involuntarily blinked, and I experienced a deep, penetrating cold, a symptom often associated with migraines. The migraine that followed was particularly intense, accompanied by significant cognitive impairment. Even after resting and sleeping, my brain felt noticeably affected the next day.

(This is part of my report)

When will this madness stop? I just want to live my life without the constant assault of LEDs. I'm tired of enduring their relentless impact on my health and well-being. I just want to live my life safely!

November 19, 2024 – Chicago, IL – None

LED headlights are blinding and I almost crashed because I could not see after driving and having LED headlights directly shining in eyes. It directly impeded my visibility. I cannot drive long distances in the dark because of the strain LED headlights cause on my eyes. I will go home after a 2-hour commute and my eyes will continue to hurt and I believe it is the cause of my headaches.

November 19, 2024 – Ketchikan, AK – Other

LEDs lights have literally shrunk my world in my ability to find safe places indoors and outdoors
In FEB of 2021 the city of Ketchikan altered the city street lights to high intensity 4 to 5000 Kelvin LED lights without shielding or recessed that flooded all sides of my home that has led to a severe drop in my health. Before that time, I had light sensitivity and now from the LED lights I have phototoxicity which caused my NEW disability They have damaged my CNS, altered and disrupted my cognitive abilities, disrupted my hormones, and have left me in chronic pain

When the lights came on that month, I could feel them instantly. It was like a electrical shock to my system. Since than I no longer get restorative sleep in my home, these lights have impacted my motor neuron part of the brain as well as pituitary, amygdala, hypothalamus, pineal, Insolent, and parietal and vision. They increase my allergy reactions to foods that I had mild reactions to before Leds I wake up to increased blood pressure, (I don't have high blood pressure). Before LED light my fibromyalgia was at a level 2 of pain and now fluctuates between an 8 and 10 on pain scale. This is from chronic exposure to my streetlights. All confirmed by 8 doctors. All these issues within a day to a few weeks are lessened by 80to 90% when I go to a dark area without LEDS. Some are completely gone.

ACUTE symptoms when exposed to high intensity LED lights especially the flickering.

Loss of sight in right eye

Floaters, eye pain

Extreme sharp pain from front of right eye to back of brain that can last up to 72 hrs (imagine a sharp knife going through your eye to back of brain)

Nausea, and throwing up

PANIC ATTACKS!!!

tremors

migraine

Spike in blood pressure

Immediate herpes outbreak (within hours of extreme exposures}

incontinence

drooling

Severe scalp migraines

Blistering of skin and oozing.

What's heart breaking is the fact the lighting industry ignored all the science and medical warnings about LED's especially from 2016 American Medical Assoc warning that they will make people sick. Over 20,000 peer reviewed research on the damming effects of LEDs

WHEN WILL YOU LISTEN AND ACT?? Not acting is negligent

LED lights kill and injure and should have never been released to the public

November 18, 2024 – Rochester, NY – Other

“Description of LED Incident or Impacts of LEDs on Your Life” ...YES EVERY DAY IS AN INDECENT! I risking loosing my job and my life. Its dangerous...period!

Vehicle, House indoor/outdoor, commercial, street lights et al. Way over the top! Even behind a vehicle the directional and tail lights hurt. I hated these LEDs when I first saw them 20 years ago. Incandescents are now outlawed...thanks big brother...stellar idea.

When is enough enough? Apparently someone must die before anything is changed. Hope it isn't me. This is getting 110% crazy out of control, compounded by this stupid daylight saving time clock changing BS we were supposed to fix years ago. I don't get out of work until 5. Its dark! Then I have to run the gauntlet of deer and on coming traffic melting my skull off my neck with these insane projector headlights. They gotta go and go now.

Night driving is like looking into the sun, it hurts! I've had to ask HR if I can come in early and leave early. They said I need a note from a doctor....gah! I attach a manila folder to my drivers side visor with a big binder clip so I can hide behind it when oncoming traffic approaches. Tell me, how safe is that!

All its going to take is someone making a left in front of me or a deer coming from left to right and pow I'm done! If LEDs were on the red spectrum verses the blue I believe this problem would be much less severe.

OK so I complained. Now whats the next step to actually making the DOT listen and for someone to take action with the auto industry. What can we all do? I signed the petition and had everyone around me do the same. HELP!

November 18, 2024 – Lompoc, CA – Astigmatism

I have to turn all my mirrors away to just drive home from school in the evenings. I drive home on Highway 1 and sometimes the LED lights behind me are so blindingly bright I have to pull my car over because I cannot see while I'm driving if there is car behind me with LED headlights. This wasn't an issue for me in the 90's when car headlights were halogen. Please go back to halogen headlights and do something to fix the reflective glare and brightness. Bright LED headlights are dangerous and people are getting into car accidents and will lose their lives.

November 17, 2024 – Bennington, VT – Astigmatism

I have a larger than normal optic nerve in both eyes. I can't really drive at night anymore with the brightness of headlights. Also, any type of LED lights are very hard on my eyes sometimes giving me migraine headaches.

November 14, 2024 – Mangonui, New Zealand – Migraine

Swimming in a remote lake, 200m from road access, when a car pulled up flashing the red LED tail lights. I felt immediately nauseated and blacked out with brief loss of consciousness for a few seconds. I came quickly to and swam with difficulty back to the shore having developed blurred vision, pain at the occiput, numb left side of face and left arm (hemiplegic migraine)

November 14, 2024 – Brookville, PA – Migraine

On November 11, I visited an eye clinic for new glasses, only to find that LED lighting posed a significant obstacle. The clinic had no alternative lighting, so I had to bring my own lamp to examine the frames. Briefly removing my protective goggles to look at the glasses on the display triggered a migraine so severe that I ended up vomiting later and lost another four days to recovery.

The vision exam itself was even more problematic, as the clinic relied entirely on an LED screen for testing. Since I couldn't look at the screen without risking a migraine, they couldn't fully evaluate my prescription. We attempted to use a painting in the hallway as a substitute to check my sight, but the process left my eyes strained, and I struggled to discern any improvement between lenses. According to the clinician, the LED screen is their only testing method, leaving me in a position where getting a prescription update would mean knowingly inducing another severe migraine.

November 14, 2024 – Shipperville, PA – Migraine

On Halloween night, despite every precaution I took, I suffered a seizure caused by exposure to blue LED headlights. I've managed to avoid seizures since early spring by being vigilant, especially on Halloween, a night known for overwhelming lights and harsh visuals from costumes and decorations. I kept all the

blinds closed, avoided the front of the house, and even have a canopy tent hanging on my front porch to provide added protection against stray lights.

Unfortunately, someone pulled into my driveway to turn around, and their headlights penetrated both the canopy and my opaque front door, reaching me in the back part of the house. The seizure was immediate and intense, with visual disturbances, uncontrollable shaking, severe pain, and confusion. The following day, I could barely function, enduring cognitive impairment and an excruciating migraine that lasted four days. Despite medication, I suffered through pain-filled dreams and could find no relief. This incident cost me two days of time with my family and two days of work, all because of a brief exposure to LED headlights.

November 13, 2024 – Houston, TX – Astigmatism

I am 39. I have been struggling with these high color temp LEDs for several years. This winter seems much much worse. I wear blue light glasses to reduce the effects as much as possible. But these high color temp lights are everywhere now. Headlights. Wallpacks. Street lights. Sports fields. I can barely leave the house at night any more and feel unsafe driving at night. I have never struggled with night driving until these lights. The light exposure creates a piercing experience in my eyes. Then I get agitated wanting to smash every bright light around me. Some days I can get used to the lights in the city if there isn't much contrast between dark and light. But most nights the city is rough as these headlights are now 6000-7000K color temp. Rural driving is painful, especially with the Texas piercing frontage road system where these gas stations and businesses have just hung 7000K color temp wall packs on their exterior walls or canopies. These can be blinding for a half mile. This is no way to live, especially when lower color temp LEDs can provide the same lumens and equal energy efficient results. I know I'm not the only one. And as a taxpayer I would appreciate if Congress would take action on a national simple priority such as this vs devoting their attention to way more complex and controversial affairs. This fix is simple. We used to get pulled over for driving with your high beams on when passing a car.

Please help. We only get one pair of eyes and I hate to permanently damage them or have an accident because we were too foolish to not deploy common sense regarding outdoor lighting color temp and its affect on humans (and plants and animals and light pollution)

November 13, 2024 – Boynton Beach, FL – Epilepsy

My 3 seizures occurs in grocery stores- Publix and Aldi within a 1 year. I notice, that aura is comes as soon as I walk in the store. I never go there without my good sunglasses (Oakley's works the best so far) on. I change all LED light bulbs in my house to old style light bulbs and fill great. Never had an episode at home since. I drive at night with my sunglasses on, because cars light triggers my seizures as well. LED is epileptics enemy! I have few friends with epilepsy, who experience the same reactions from exposure to LED lights.

November 13, 2024 – Charlotte, NC – Astigmatism

I am writing to express a safety concern regarding the LED headlights on newer vehicles in the Charlotte area, particularly at night. I have found that the bright LED lights from oncoming traffic are significantly blinding and make it difficult for me to see the road clearly. This has become especially problematic for me now that I'm driving after dark, as I get off work when it's already dark outside.

On multiple occasions, I have almost been involved in accidents because I am unable to properly see the road or other vehicles due to the intensity of the headlights. The glare from these lights severely impairs my vision, and I am now feeling anxious and scared to drive at night because of this issue.

I wanted to bring this to your attention, as it is becoming a significant safety concern for me and I believe it may be impacting others in the community as well.

Something seriously has to be done with these vehicles with that style of lights. SOON!

November 11, 2024 – Waterbury, CT – Astigmatism

I am 25 years old and no longer drive after dark. In New England winters, this means 5pm. I drive a compact SUV and am 5'3. Most to all headlights on the road are blinding, and that is from both directions. In suburban and rural areas, the headlights feels exacerbated in strength with often nothing to contrast them. Lift kits aside, SUVs/pick up trucks seem to be eating their veggies and growing in size; their headlights are without a doubt, at my direct head height. There are highways and interstates I have to avoid because the headlights coming from the route opposite direction are too bright. Some headlights even cause reflective mile markers to flare into a ball of light. Too-Bright headlights coming from behind essentially flash bang my rear view and side views. I have driven through construction zones, 3 lanes to 1, at 10mph and been blinded by the work lights, the vehicle lights, even by parked cruisers using rear flashers.

I have never had driving induced anxiety; I have lived across states for college and been a confident driver always. Now a days I am nervously slowed to the right lane when cars are behind me, or hogging the passing lane out of keeping lights out of the driver-side side mirror. I have always had slight astigmatism, and always had corrective contact lens to support that. This year I had to seek out an optometrist because I thought the astigmatism must have worsened. Its actually improved! Both glasses and contacts are still corrected for them. No improvement for driving.

I feel like I really am going crazy over this! I have limited my night driving to short trips/around town. On occasion I have agreed to longer drives, and regretted each time. Its frightening. Its saddening. Its unfair. I hear people say, "people kept high beaming me, I had no idea mine were so bright!". I guess they cancel each other out. I am not faulting the individuals, the newer cars are just, like that. I am not as empathetic for after market installations. But how am I tell the difference?

I am weakened by it all. It seems silly, but its not. My heart pours for older adults who's independence and autonomy are already vulnerable. For pedestrians, who should have the option, ability, and safeguard to walk. For children who ride bikes. I hope to see change, and am happy to know others do too.

November 9, 2024 – Point-a-Pitre, Guadeloupe – None
(this is an automatic translation from a non-American language)

Unfiltered LED lights that emit excessive brightness levels and overly white color temperatures, which are harsh on the eyes, have completely disrupted my daily life and degraded my quality of life.

Their widespread and forced implementation for energy efficiency reasons, without any consultation with the general public despite warnings from scientists and health organizations, resembles a dictatorship: "the LED dictatorship."

Nighttime and daytime car lights, public and private lighting, stores, offices, business premises, public transportation, electronic devices, vending machines, etc., LEDs are everywhere and in excess. This overabundance now prevents me from living normally.

Manufacturers and installers have done whatever they want: everything seems designed so that current lighting is more about assaulting our eyes rather than providing proper and subdued illumination.

It is a dictatorship leading us to a dystopian environment for a portion of the population that suffers: "the LED dystopia."

Because of LED lighting and its daily impacts on our eyes:

I have to change my personal and professional habits;
I have to flee at night and give up any outings or activities;
I can no longer drive at night and stress about being assaulted wherever I need to go;
I have lost the freedom to move as I wish;
I am becoming socially isolated;
I am losing the health of my eyes and fear losing my sight!

Furthermore, I can no longer tolerate seeing and enduring these "light signatures" from cars that cause retinal persistence phenomena or light trails, dangerously obscuring vision.

LEDs have created a real phobia in me: "LED phobia."

LEDs are a nightmare and a missed opportunity to reduce our impact on health and the environment at a time when it is impossible to gaze at the starry sky and biodiversity is collapsing.

November 8, 2024 – Sandpoint, ID – Other

Since LED lights have come out on cars (and especially pickup trucks) I have been unable to drive in the dark. The lights create a halo that fills my entire vision field, making it dangerous to me and others. I cannot see even the side of the road..... Even after cataract surgery. This has caused me to curtail all evening activities. I am retired & live in the country so this is very isolating and causes depression.

November 7, 2024 – Vacaville, CA – Autism

I was in the city just after sunset and all the blue LED car headlights and blue LED streetlights started appearing. I started to go into a panic. It felt like it was an emergency, so I reached into the center console of my car and found some orange tinted clip on glasses. I put these on over my glasses, and the panic immediately stopped. All of the blue-rich LED lights were still far too intense, but the feeling of life-or-death panic was completely removed by putting on the orange-tinted glasses which filtered out the blue wavelength light.

November 1, 2024 – Fresno, CA – None

The lights are so bright now, I hate driving at night to pick up my kids from activities. Now it's dark earlier due to time change. It is terrifying. Seriously. Sometimes I just pray I make it. I have flashed before as a reminder the brights are for oncoming traffic. Numerous times they flash back and it's even brighter! I get white spots in my eyes everyday. I'm buying night vision glasses. Do ya'll night drive at night or can't see from the back of your limo? What is going on?

