

## LED Incident Reports January 2025

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

### January, 2025

January 31, 2025 – Middlesex, NJ – Astigmatism

Hello, I just found out about this and I wanted to share that I used to love driving at night when I first got my license! I'm a bit of an anxious driver so driving when there were less people on the road gave me some peace of mind. It's been almost a decade now and car headlights have only gotten brighter and brighter, especially Tesla. There is absolutely no reason for these cars to have headlights this bright as the world didn't get darker nor did we lose streetlights.

Now I am no longer able to drive at night. I have an astigmatism in my left eye, mild in my right eye and I do have glasses with anti glare on them which I paid a good chunk of money for, it hardly helps. I bought the yellow glasses, they hardly help either. These lights are blinding and I feel like as a result, people who already can't see drive around with their high beams on to counteract that. I used to love driving at night, now I dread it, especially if it's raining.

A few years ago when Teslas started ramping up in popularity, I was driving down a road at night in my old car which was a 2015 Kia Forte EX. I was so badly blinded by this Tesla coming from the opposite direction, I couldn't see and the next thing I knew, I heard a smash from the right side of my car. I had lost my right side mirror to a full garbage can on the side of the road due to my inability to see properly and had to replace it. I'm grateful that's all that happened. Now whenever cars with those bright headlights come at me, I have to slow down significantly to avoid a repeat of that. Nothing I do helps, it's not like I'm blind. I just have an astigmatism in one eye. It never bothered me a decade ago and it was always this bad growing up.

It saddens me nothing is done about these cars and how it's so clearly a threat to the public's safety, but we as a country set our sights on other, less important matters. These need to be regulated, how many accidents happen or go unreported due to these headlights? How many other people avoid driving at night because of this? How many other people crashed into something, lost their mirror, what have you?

Thank you for your time.

January 24, 2025 – Stockholm, Sweden – Other

I hate driving car at night. I have a short kia so the light of these led SUV and not even subs always just goes right into my car making me unable to see what's in front of me nor what's inside my car so I could not even turn on the warning blinkers to signal for them to pass...

January 19, 2025 – Norman, OK – Astigmatism

It's become impossible to drive at night anymore. I have astigmatism in both eyes and LED headlights have become so bright that it gives me terrible headaches.

January 13, 2025 – Scappoose, OR – Other

Full fledged anxiety because being blinded puts me into fight or flight adrenaline mode, because if I am not vigilant I could crash. LED lights are so bright, I cannot see in front of me, beside, or behind me. I am not at fault for being blinded, they are at fault for blinding me.

January 13, 2025 – Halifax, NS, Canada – None

As a car enthusiast who use to love going to shows, events, and night driving, LED headlights have now ruined this hobby and causes me anxiety to drive at night. Last Friday (1/13/2025) I had to drive at night. The trucks/jeeps/SUVs with LED headlights 6 feet off the ground make the road so unsafe i cannot use my mirrors when they are behind me and cannot see when they are in front of me. While a truck was behind me it made it so difficult to see that I almost hit a pedestrian on the road who was crossing (illegally but still). This is not safe! I don't hate LED lights, I just feel if the headlight is above the average eye level of a car (car is above the cutoff shield) then LED headlights should not be allowed. We are also seeing this in large 18-wheeler trucks now, some having 6 LED headlights (4 lights + fog lights). Please stop this nonsense, it's a marketing scam and the transportation safety board is doing nothing to stop it. We could all see fine 10 years ago with non-LED headlights.

January 12, 2025 – Ames, IA – Migraine

Single incident? No, EVERY TIME I drive from when they first came out. I did not know what a migraine was until then. It would have been fine had I never experienced it/them. I am a lighting consultant among other things. Some lighting is designed – you see the illumination of a target as opposed to the source and is has to do with humans/living things in a pleasing and functional way without stress on the user/beneficiary. Even the blue spectrum/high k temp lights are somewhat bearable if designed and aimed well but I still wear brown lens, wrap around sunglasses all the time I drive for incidental exposure. Not ideal but they protect my health. Then there are the engineered super bright lights that just puke out as many lumens as possible in every direction. They are as bright or brighter than the sun and headed straight towards me often during the day and night. They bother me from miles away. The new LED driving lights are brighter than my high beams!!! I use my sun visor to block out these bright as the sun headlights along with most of the vehicle. They have then on in the name of safety causing me to protect myself by doing less safe things. I can see the bottoms of the cars in front of me when the offensive lights are approaching – that's all – it does not keep me aware of the bigger traffic picture. In other words they are a hazard to safe driving on the order of texting while driving – a huge distraction. Why do someone(s) have to die before these obviously poorly designed products are taken off the market? I'm sure to has happened countless times already but not been attributed to that. I am tempted to make a scene on the order of a federal case by smashing the most offensive ones (pick up trucks) in public to get national attention for this it is so bad. Nothing short of that will get things changed it would seem.

January 12, 2025 – Twentynine Palms, CA – Other

Cannot drive at night anymore due to the extremely brights white lights on cars. They hurt my eyes and cause neurological problems. They are extremely dangerous.

January 12, 2025 – Glenside, PA – Photophobia

I had a recent situation in the movie theater while watching “Wicked” that sent me into a blackout paranoid state; after leaving the theater, the oncoming auto lights/traffic lights/police lights just exacerbated the situation. I have no memory of the evening. I went to the emergency room in the morning and blood/urine tests showed no drugs or alcohol. I do not have epilepsy and have no medical conditions. I have been using candlelight and red lights at night in my home since 2020 and rarely drive (2018 car with only 17,000 miles). I had a similar event about two years ago after watching a TV series that used flashing strobe lights. I have a PhD and have been looking for research and case studies on the topic of the health consequences of light/flashing lights at night. My goal is to 1) figure out what happened to me, and 2) help others who would just attribute this to being “crazy.” Thank you!

January 12, 2025 – Brunswick, OH – Astigmatism

My eyes cannot adjust to the extreme brightness of LED headlights. I have astigmatism which already makes nighttime driving difficult. Almost causing accidents due to the lights and stopping on the road is also dangerous but it's because the lights coming towards me and behind me are so bright my entire car is lit up. How is any of this safe? We all know safety isn't your concern and couldn't care less about potential and accidents that have already occurred from this.

January 11, 2025 – San Diego, CA – Other

Led car lights are a daily problem for me. The blaring lights are debilitatingly blinding while driving. It's scary and unsafe. It's forcing me off the road at a young age. Force a recall on these lights.

January 10, 2025 – Livonia, MI – Other

November 6 of last year I'm taking my grandson to preschool. It's 7:30 in the morning and raining. I'm in the left-hand turn lane and the truck in the opposing left-hand turn lane facing me headlights were so bright that I could not see the oncoming traffic in order for me to complete my turn.

I was temporarily blinded all I seen was white spots after the truck had made his turn and I had to sit through to the next light. Everybody knows you can't complete left-hand turn until the light is almost red anymore and even then people are still coming through. and this was the case that morning.

I was frozen like a deer in the headlights, I could not turn.

people behind me were blowing their horns motioning me to go go go. I didn't want to risk my life or my grandson's life.

So I sat all the way through to the next light after the other truck had turned then I could see beyond to the oncoming traffic.

January 9, 2025 – Anytown, TX – Astigmatism

Car headlights blinded me for a minute, I had to park until the dark spot in my central vision was gone. I am thankful I was not traveling on a highway or a street without a safety lane

January 7, 2025 – Philadelphia, PA – Other

Started watching a lot of internet on smartphone in 2020 6 months later left eye got worse than right eye. Can still use right eye. Go in soon hope they can repair it .Eyes bleary after screen use.

January 6, 2025 – Manchester, NH – Migraine

Driving at night has become basically impossible. The worst culprits I have noticed are Jeeps and newer Honda SUVs. I come home with a headache every single night. I am tempted to tell my work I can no longer work nights because driving home is nothing short of painful and dangerous. As cars with newer

LEDs pass, I can not see anything and I am forced to look away from the road. This is hazardous for obvious reasons. I'm hoping this website can make a change.

January 4, 2025 – Shippenville, PA – Migraine

My wife recently experienced a debilitating migraine triggered by using a computer with an LED screen. Not only was it the screen that caused this but the LED backlit keyboard. Within moments of exposure, she felt an intense, throbbing pain above her right eye, accompanied by a piercing headache that grew progressively worse. The migraine not only impaired her vision but also left her feeling nauseous and hypersensitive to light and sound, making it impossible for her to continue with her activities. The overwhelming pain and discomfort forced her to retreat to a dark, quiet room for relief, underscoring just how debilitating the effects of LED screens can be for someone with her sensitivities. It got to the point where she vomited later in the day from the intense pain and nausea.

January 1, 2025 – Cypress, TX – Migraine

It breaks my heart that this is the case today. I remember seeing maybe 1 in every 25 cars with LED headlights, now it's 1 in every 25 that have regular, soft white/yellow lights. I literally cannot drive with these vehicles on the road. Migraine disorder means extreme light sensitivity for most of us who suffer from migraines, not only when migraines are happening, but always. I usually end up with an uphill battle of pain after getting home from driving. My friend has said to me, "Well, how about you don't look at them?" And this is where some people may not understand; people with epilepsy, migraine disorder, and light sensitivity will feel actual, visceral pain in our retinas, even when the light is in our peripheral. On top of that, our eyes are perceiving them brighter than other people. The cars are driving towards our direction, and the light will engulf our vision. I cannot stress it enough: We cannot see. We cannot see, and it hurts, a lot.