

June 6, 2021

I did not consider I had any health problems with artificial lighting or natural lighting for that matter until ultrabright LEDs came on the scene. I first felt pain and discomfort from light when cars started to appear with very white intense LED DRLs, probably around 2012. I, like many others, first thought these were maybe a boy racer accessory and that the police would soon pull them over and tell them they were dazzling, dangerous and illegal. Sadly, this was not the case and over the following years the number of vehicles with white dazzling lights grew and I found driving increasingly unpleasant even in daytime. I now only drive very occasionally, preferably on bright sunny days and on quiet roads, I use combinations of glasses and anti-glare shields in the car to reduce the pain and severity of the illness the light causes me.

In 2015, a large open plan office block I visited regularly for meetings and to work in had changed overnight to LED strip lights. I immediately felt very uncomfortable and was in pain just looking across the room. It felt like there was glare everywhere I looked. After struggling for a few hours, I had to leave the building as I had a headache and felt sick. Later that day, the headache had worsened, and I would say it was the worse headache of my life. I also started to have great difficulties sleeping after being exposed to LEDs despite feeling ill and exhausted.

To cut a long story short, after many repeats of the symptoms in different places all with LED lights and after lots of optical and neurological investigations and trying various medications over several years, the only way I have been able to manage my symptoms is to try to avoid all significant LED light sources. With the exponential growth of LED lighting in all its forms this has left me virtually housebound and unable to work, socialise, shop etc. To put it into context, nothing changed for me when the COVID lockdown started or ended. I have already been living like a prisoner for years. This has affected my mental health and my general health and intellectual abilities have significantly reduced. I probably suffer from depression now as everything seems very difficult to do; I feel like I'm swimming in treacle, everything seems to take an enormous amount of effort and I get very fatigued both physical and mentally despite achieving very little.