

LED Incident Reports March 2025

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

March, 2025

March 31, 2025 – Cedar Lake, IN – Migraine

I am only 20 years old but I struggle so much with driving at night or on a cloudy day. Basically every single car (since they all have LEDs) blinds me as they drive past. Just looking at the side of the road doesn't work for me. It is impossible for me to see the road or anything else when there is a car with LEDs. It comes at me from cars driving towards me, through the rear view mirror, and the side windows. Also, the flashing LED lights for ambulances/police cars at intersections make me feel nauseous and like I am going to get a migraine. I have suffered from migraines for many years, so I am light sensitive. However, the LED lights are the worst thing for me during the day and night time.

March 31, 2025 – South Saint Paul, MN – Migraine

Light-triggered migraines with aura, I'm effectively blind for an hour following exposure, then typical migraine symptoms for 1-2 days. Have been restricted to side of road or parking lot unable to return home until aura passes. Headlights and some streetlights and home lighting trigger events.

March 31, 2025 – Southwest Harbor, ME – Other

I can barely drive during the "dark winter". In Maine at Christmas time, dusk starts around 3:30. It is particularly difficult at Christmas time to drive. I am blinded. I did buy those "yellow glasses" that you can buy and it definitely helps, but it makes it difficult to wear my prescription glasses. I do not have to wear my prescription glasses legally, but I prefer to see as well as I can. Next year I don't plan to go to Christmas events because I am so blinded by oncoming lights

March 30, 2025 – Mauldin, SC – None

I no longer find it safe to drive at night due to the blinding LED headlights of oncoming traffic. I refuse to drive on roads that I am unfamiliar with at night. I hate that it limits me traveling even short distances at night. I am 43 years old, no vision problems as of yet. However, these damn bright headlights sure make me feel like I have major vision problems on the road after dark. Something's gotta give!

March 30, 2025 – New York, NY – None

I had to stop driving at sunset! One evening driving at night I came to an absolute standstill due to the headlights in the opposite lane.

March 29, 2025 – Melbourne, Australia – Other

Unfortunately, I will not be going to the Australian Ballet or Opera Australia performances any more due to the after effects of the LED (not strobe) lighting from the stage which shone into the audience. I am

neither epileptic nor autistic but suffered vertigo and vomiting after one performance and nausea and headaches after their next performance even though I covered my eyes when any LED lights shone from the stage. Apparently, vertigo and vomiting can be induced by LED torches called “Sick Sticks” or “Vomit guns” that are used for crowd control in some jurisdictions. Does this happen to other people? It is disappointing that this is going to have a negative impact on my life if I am unable to attend other forms of live performances.

March 26, 2025 – Donalsonville, GA – Astigmatism

My neighbor keeps her led amber patio lights on 24/7. Even after she knows they bother me, knows they keep me from seeing the sky for sky watching, the lights spill into my yard and into my kitchen. I’ve had to put up curtains and shades to block the lights. She told me at first she was forgetting to turn them off. I told her they are “not bothering me”, but is she were to remember that’d be fine. She never remembered. And the light just seemed to get worse as time went on. Which is now about 6 months. Now she knows they are a nuisance to me, but she has ignored my letter to abate. She took the letter and threw it back into my yard, like a child would do. She is fully aware that her lights are a nuisance but has become increasingly hostile. When I mentioned earlier incidents she said, “doesn’t know what I am talking about” like a Narcissist. I think she enjoys bothering me. But I am about to call the code enforcer and considering small claims court. I have taken pictures of the outside and inside my kitchen to show the extent of the light pollution.

I’ve mentioned my eye health to her on several occasions. She’s been in my house and has seen the curtains and shades. She is obtuse to the fact that I don’t like confrontation and will you please take a hint. But she never does. When I did finally confront her she was in denial and hostile.

I am 66 years old with astigmatism and cataracts. I like the dark rural area I live in. My eyes are very sensitive to light.

Thank you for letting me vent. Today I talk to the code enforcer.

March 26, 2025 – Greensboro, NC – Photophobia

Certain bright LED lights, particularly house flood/security lights and car headlights, give me an instant headache behind my eyes. These headaches last anywhere from 30 minutes to 2 weeks. These headaches are not “psychological”; I’ve been evaluated by several doctors and my condition is 100% real. I’m not quite sure what’s causing my photophobia, it might be migraines and dry eyes. The common belief that “led lights are flawless and superior” is completely false. These lights emit way too much blue light and have a bad flicker. Incandescent lights are more expensive because, like expensive healthy food, they are good for us.

March 24, 2025 – Springfield, OR – Electromagnetic Sensitivity

LEDs are disruptive and they are found everywhere, from your very own personal factory car to the street lamps on every street you journey. I for one am tired of the blue lights that I have been told are “broken” in my own township of Springfield, OR.

No one seems to care that something that is considered “broken” has gone unfixed. I have shared my concerns with the local officials, anywhere from the Mayor’s chat on Instagram to directly contacting our local electric company, SUB, who is in charge of them. The message is “we’re working on it”, “be patient with us”, “this was approved”, “it’s gonna be fine”, “we’ll fix things when we can”. And here we are two years later and the “broken” blue lights have remained.

These lights on cars cause me night blindness, force my husband and myself to switch between brights and dims as a way of expressing to other drivers on the road that we are considerate of other drivers—it's just our dims look like brights because our car is so tall (and this affects others even in the same kind of car as us). These blinding lights can cause accidents and are very dangerous for this reason.

I know that blue light affects people because it affects me. My mood shifts to somber and dull. I feel ill and just want to get away from the area as fast as possible.

These lights must be removed and we want our soft yellow incandescent bulbs back that do not cause the light pollution that these bulbs have caused our civilization to suffer. Remove all the LEDs and even outlaw their production, as they cause more harm than good to every person who comes into contact with them.

March 24, 2025 – Manheim, PA – Migraine

The headlights lately have become increasingly bright. I am a 45 year migraine sufferer and over the last couple years anytime I drive headlights are terribly bright and trigger a migraine almost immediately or within 12 hours. It's really hard to drive when it's dark and sometimes even during the day because the extremely bright headlights. I should not be able to see with the headlights behind me lighting the way or blinding me coming towards me. I either have to wear sunglasses or cover my eyes (kinda a problem when driving) there was a newer Dodge Ram with headlights so bright that driving was almost impossible (oncoming traffic). I'm not sure who is regulating this but they surely must not be ever driving. I was told by the local government offices that they are after market lights. That many people do not put after market lights in their cars. There are so many incidents of bright lights

March 20, 2025 – Manassas, VA – Astigmatism

I mainly drive on roads with many hills, bumps, curves, etc... You're going to get beamed no matter how "properly aimed" the headlights are. However, while I can quickly recover from halogens (high beams even) and still see what's ahead, LEDs leave me blinded for multiple seconds at a time and even cause headaches. Looking away does not work and even if it did, you're still driving blindly with no idea if there are obstructions, animals, or pedestrians ahead.

This is further worsened by the fact that Auto High Beams do not work. They do not respond quick enough and oftentimes flash high beams while there is still oncoming traffic.

Driving on highways, the guardrails also cause intense light to flash rapidly which is a huge health and safety hazard.

March 20, 2025 – Kuna, ID – Migraine

God save us 8-5 workers driving sedans in the winter. Never a workday I don't have to drive in the dark for my 1hr commute. I used to do delivery service a lot in recent years and it gets worse and worse every year with how blinding headlights are. Not a fan of showing up to work—a desk job where I'm already staring at a screen all day—and feeling like I just had a fresh lobotomy. Can't even tell you how many times I've driven over road lines because I just can't see them while getting flashbanged then having a lingering sunspot center in my vision. It's ritual for me to keep my rearview mirror turned up and point my side-mirrors down just to drive safely... I hope one day Europeans won't have a good reason to keep laughing at how technologically behind our country is. >_>

March 19, 2025 – San Diego, CA – Migraine

Last night a truck with LED lights triggered another painful, nauseating migraine. I used to love driving at night and going out late. Now every time I go out at night, I have a strong chance of triggering a debilitating migraine due to the blinding LED lights that flash and move with their vehicles. When cars hit bumps or dips, it makes their lights bounce which makes the effect so much worse. Please do something about this, at the very least, put a coating on the lights to dim their brightness

March 15, 2025 – Seattle, WA – Photophobia

I suffer from a neurological condition triggered by the COVID-19 virus, which has resulted in heightened sensitivity to various forms of sensory input, a challenge faced by tens of thousands experiencing long COVID in our country. Initially, this condition was somewhat manageable; however, the increasing prevalence of excessively bright LED headlights has rendered me completely unable to leave my home. Encountering these headlights is catastrophic for me.

It induces significant eye strain, excruciating pain behind my eyes, extreme tension in my chest and shoulders, heart palpitations, and severe tension headaches; followed by a state of utter panic in my nervous system that persists for days, sometimes weeks, interrupting sleep and severely hindering my quality of life.

My partner, who is neurotypical, has reported that these lights are blinding when oncoming at night, leading to near-collision incidents for both of us on multiple occasions. I have yet to meet a single person who has not raised concerns about the safety risks posed by these headlights within our communities. By their very design, headlights are intended to enhance nighttime visibility, not hinder it. Therefore, I strongly advocate for their prohibition, as this matter has become urgent. The consequences of this issue extend far beyond individuals with medical conditions; it adversely affects the entire population. Countless individuals are forced to abandon driving and travelling after dark, which diminishes the working population and compromises the economies overall functionality.

It creates hazardous conditions for all road users, increasing the risk of physical harm and even fatalities. I urge you to take action on this pressing matter to safeguard the well-being of citizens who urgently seek protection from the dangers associated with this new “technology.”

March 9, 2025 – Phoenix, AZ – None

Momentary blindness is caused when hit with bright LED lights. Which in effect can cause a car accident either with another vehicle or pedestrian.

March 8, 2025 – Troy, OH – Migraine

My life has changed completely because of LED! I have suffered 49 years with migraines, and recently, LED lights are a contributing factor in me qualifying for disability benefits. LEDs trigger migraines, and are everywhere – stores, computers, cars, doctor offices – everywhere I go I am walking into a landmine. We built a house, and I stocked up in enough incandescent bulbs to last me the rest of my life. Even buying a new car has become difficult, because of all the blue interior LED lights. ENOUGH already!

March 8, 2025 – Easley, SC – Photophobia

Blinding and destruction of clear vision during and after on coming traffic.

March 7, 2025 – Anytown, FL – Photophobia

On the bottom of your HOME page, under the Sign Petition is a paragraph that is, in a sense, incorrect.

The very last sentence stats that there is little to no government regulation (on the LEDs) and that is NOT correct.

The fact is that was phenomenal government regulation, and it was all FOR LEDs. They banned incandescent bulbs and forced people to buy LEDs. President Trump changed that in his first term in office, and I do not know what has happened since then, but I do know that even if incandescents are now being sold, they have basically changed over the lighting industry to the LEDs and it is extremely difficult to even find Incandescent, especially in the higher voltages (200w, etc).

It would be educational if you added to that paragraph the involvement of the government in this blinding debacle! Thanks for your work!

PS: I am a redhead and I love strong lights (redheads are the only “species” that make D3 thru their eyes and they seem to have an strong affinity for light), but these LEDs are going to cause blindness. We have a family member who has severe photosensitivity, and they are tortured by the LEDs ! PLUS, the frequencies of LEDs are harmful to the human biome.

March 5, 2025 – King of Prussia, PA – Photophobia

HOA upgraded all outdoor lights in lamp posts to 5000K, 3000 Lumen bulbs that shine in all directions, including into my end unit. My once-beautiful panoramic view is now dominated by an arsenal of glaring “headlights.” The lights also have faulty sensors so that they turn on 90 minutes before sunset and also turn on when their are cloudy/rainy conditions. It has major effects on my mental health and my vision that I am trying to preserve by avoiding super-bright light.

March 5, 2025 – Arlington, TX – Astigmatism

A truck with LED headlamps and also aftermarket LED off road lamps was behind me. They were so bright that I could not see anything else around me, except for the truck. This sort of thing happens all the time. Sometimes the only relief I can get is if I put on sunglasses driving on the freeway to cut the extra bright blue light down. LED lights will cause me momentary blindness, and eye pain at times. It is extremely annoying and very dangerous!!

March 2, 2025 – Detroit, MI – None

I just took my first road trip of roughly 360~ miles and part of it was during the night time, I had to drive on a highway with no lights so the only sources of light I had were other vehicles.

Every so often, I would have to deal with the blinding LEDs of a typically newer model vehicle either driving up on me from behind and blinding me in the mirrors, or an oncoming one across the highway that I could spot from miles and miles away as if they were the sun.

As an automobile enthusiast, it really bummed me out to have to get a harsh slap of reality that driving at night isn’t as fun as my parents told me it was when they were younger due to the constant visibility issues caused by these LEDs, and I challenge every vehicle manufacturer and the NHTSA to work together to lower the legal lumen output on vehicles so we can all experience safer road trips and nightly commutes.