

# **PROPOSAL FOR LIGHTING ORDINANCE**

## **Anytown, California**



**Prepared by Soft Lights Foundation**

January 1, 2026

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## **1. Excutive Summary**

The switch to Light Emitting Diode (LED) technology has created a new set of risks to public health, safety, and civil rights and to the environment. As a result, local governments must update their policies, practices, and procedures to ensure the protection of public and the environment in which we live.

LEDs emit a directional beam of light which can be excessively intense, the spectral properties may contain excessive hazardous blue wavelength which is a known environmental carcinogen, and the light may contain digital flicker which is is a neurological hazard. One mechanism available to local governments to protect public welfare is to publish and enforce a strong lighting ordinance. This document provides background information and a proposal for a lighting policy for any municipality in California.

## 2. Background

Figure 1 and Figure 2 show the difference between the nuisance glare of a blue-rich floodlight, and the soft glow of a low intensity, low color temperature porch light. A municipal government lighting ordinance will prevent the situation in Figure 1 and permit the situation in Figure 2.



Figure 1 - Blue-rich Floodlight



Figure 2 - Soft Porch Light

### 3. Public Safety

The idea that artificial light provides universal safety and security is a deeply-entrenched myth, often leading to the excessive use of bright, blue-rich lighting that creates new hazards without deterring crime. In fact, numerous research studies have demonstrated repeatedly that artificial light provides neither safety nor security; therefore, any municipal government lighting ordinance should not include a broad exception for "safety." (APPENDIX A).

#### A. Lack of Crime Deterrence

Contrary to common belief, studies frequently show that simply increasing illumination does not reduce crime and may even be associated with higher crime rates.

- **Vehicle Crime:** Research has found that streetlights may increase theft and that the absence of street lighting may prevent vehicle crime (March 30, 2022).
- **Chicago Analysis:** A study on streetlight outages in Chicago concluded that streetlights do not deter crime, finding that crime is more closely related to population and social factors. (2019).
- **UK Studies:** Major studies, including the Essex Police Crime and Lights Study and a 2015 UK study on reduced street lighting, concluded that streetlights reduce neither crime nor traffic accidents, and the Essex study found no decrease in crime from using lights. (2015 & 2017).
- **Vienna Analysis:** Research confirms that brighter lights increase crime rates. (2024).
- **World War II Blackouts:** Historical data from England showed that blackouts led to reduced crime during World War II (November 30, 2022).

#### B. Road Safety and Accidents

The switch to white-light LED street lamps has shown negligible impact on road safety and may introduce new visual hazards:

- **Leeds UK Relighting:** After changing nearly 80,000 lamps to white light, research found no evidence of any improvement in road safety or reduction in vehicle crashes. (2025 & 2023).
- **Visual Hazards:** Excessive brightness, especially from blue-rich LEDs, creates glare and compromises the vision of drivers and pedestrians, creating a potential wayfinding hazard rather than preventing one.

#### C. Focusing on Wayfinding and Comfort

Instead of relying on lighting for crime prevention, a lighting ordinance must focus on permitting a very limited level of lighting for wayfinding and discouraging glare.

- For pedestrians, a study found that there are diminishing returns in the "Feeling of Safety" as illumination increases, indicating that increasing illumination to high levels leads to smaller and smaller improvements in perceived safety (March 17, 2020).
- Soft, warm-colored lighting can contribute to perceived safety and comfort without the negative health and glare impacts of harsh white light, as studies confirm that women feel safer under soft lighting rather than harsh lighting (May 28, 2019).

By minimizing light levels, restricting harsh blue wavelengths, and focusing on careful wayfinding illumination only, the municipal government can achieve legitimate public safety goals without creating a public health or civil rights hazard.

## 4. Public Health

The most serious concern regarding modern artificial lighting, particularly blue-rich LED technology, is its profound and multi-faceted impact on public health. Unlike traditional lighting, high-intensity, short-wavelength (blue) light disrupts fundamental biological processes, rendering Artificial Light at Night (ALAN) a form of environmental pollution that must be minimized to the lowest possible levels. (APPENDIX B).

### A. Circadian Disruption and Disease Risk

The human body's circadian rhythm—the natural 24-hour cycle—is primarily regulated by the protein melanopsin, which is highly sensitive to blue-wavelength light. Exposure to this light at night suppresses the production of the hormone melatonin.

- **Melatonin Suppression:** Blue-rich light is a potent melatonin suppressant, and this suppression is a critical link to disease. The American Medical Association recognizes that ALAN, by suppressing melatonin, is linked to a variety of adverse health outcomes (AMA Journal of Ethics, 2024).
- **Known Environmental Carcinogen:** The World Health Organization (WHO) and numerous studies identify blue-rich ALAN as a known environmental carcinogen (e.g., October 25, 2025; October 20, 2024; October 2, 2018). Increased ALAN exposure is specifically associated with higher risks of:
  - **Breast and Prostate Cancer** (October 25, 2025; October 2, 2018; December, 2010).
  - **Thyroid Cancer** (February 8, 2021; April 10, 2025).
- **Metabolic and Cardiovascular Harm:** Light exposure at night has been linked to severe cardiometabolic dysfunction. Studies show ALAN is a significant risk factor for developing:
  - **Cardiovascular Diseases** (October 23, 2025; June 20, 2025; February 21, 2021).
  - **Obesity and Diabetes** (June 22, 2022; July 15, 2022; December, 2022). Light exposure during sleep, even in tiny amounts, impairs cardiometabolic function (March 14, 2022).

### B. Neurological and Psychological Effects

Beyond physical disease, ALAN directly affects neurological health and function.

- **Mental Health:** Increased exposure to light at night significantly increases a person's risk for psychiatric disorders such as anxiety, bipolar disorder, and PTSD (October 9, 2023;

August 10, 2022). Acute exposure to low-level light at night is sufficient to induce neurological changes and depressive-like behavior (November 29, 2019).

- **Cognitive Decline:** Outdoor light pollution has been linked with cognitive decline, Alzheimer’s disease, and early-onset dementia (October 24, 2022; September 5, 2024; June 23, 2023).
- **Infant and Fetal Health:** Light pollution is an environmental stressor that has been linked to adverse infant health outcomes, including reduced birth weight and pre-term births (January 7, 2021; July 2018).

### C. Mitigation via Low Color Temperature (CCT)

To protect public health, the ordinance must prioritize the immediate reduction of blue-wavelength exposure by restricting Correlated Color Temperature (CCT).

- High-CCT (white/blue-rich) lights are the most harmful. The proposed ordinance limits CCT to 2850K or less for all outdoor lighting, favoring warmer amber lighting.
- This approach is consistent with scientific consensus and acts as a necessary protective measure against the documented photobiological hazards of modern LED technology.

### D. Government Policy

In 2019, the California Legislature unanimously approved a proclamation declaring October 10 as Blue Light Awareness Day. Among other things, the proclamation states, “the State of California encourages citizens, particularly children, to consider taking protective safety measures in reducing eye exposure to high-energy visible blue light.”

Thus, it is official California public health policy that the public should reduce exposure to blue-rich light sources. For municipal governments, this means establishing written policies that restrict blue-rich light sources such as streetlights, floodlights on private and public property, strip lighting such as in grocery stores, headlamps such as on bicycles and e-bikes, wearable lights, sports lighting.

A template for a municipal government Blue Light Awareness Day proclamation is provided in Appendix F.

## 5. Ecology

Artificial Light at Night (ALAN) represents a form of widespread environmental pollution that is rapidly increasing across the globe, adversely impacting entire ecosystems. ALAN disrupts fundamental biological processes, including navigation, foraging, reproduction, and predator-prey dynamics, leading to significant declines in biodiversity. (APPENDIX E).

### A. Disrupting Insect and Bird Behavior

Insects and birds, which provide crucial ecological services (pollination, pest control, food sources), are particularly vulnerable to light pollution.

- **Insects:** Many nocturnal insects are drawn to artificial light, a phenomenon that has devastating consequences. Artificial light causes insects to disorient and steer in circles until death (January 4, 2024), effectively creating "ecological traps." Studies on moths show that ALAN alters their flight behavior (November 13, 2024; October 8, 2024). Even red light, while less harmful than blue, can still have adverse ecological impacts (January 20, 2024).
- **Birds:** Blue-rich light is disastrous for many bird species (October 10, 2024). Light pollution interferes with the orientation and migration of birds, often causing them to become disoriented, collide with structures, or exhaust themselves.
- **Other Fauna:** The impact extends to other vital species. ALAN disrupts honey bee sleep rhythms (November 12, 2024) and has been shown to reduce earthworm surface activity by 76%, which is critical for soil health (January 19, 2024).

### B. Impact on Ecosystem Dynamics

ALAN affects entire ecological systems by altering basic interactions between species and influencing plant life.

- **Predator Advantage:** Broad spectrum artificial light at night increases the conspicuousness of camouflaged prey (March 29, 2022), providing an unfair advantage to predators and shifting the balance of the ecosystem.
- **Marine Life:** ALAN severely impacts marine ecosystems, with studies showing it could cause a collapse in species or functional diversity by imposing selective pressures on reproductive and survival traits (October 30, 2023). Predatory marine species may strategically exploit high-light conditions (August 10, 2024).

- **Vegetation:** ALAN is a critical driver of vegetation dynamics, with findings demonstrating that it can outweigh temperature in lengthening urban growing seasons (June 16, 2025), disrupting natural cycles.

### C. Mitigation Measures in the Ordinance

To protect the local ecology, the proposed ordinance enforces critical measures to minimize spectral emissions and light trespass:

1. **Color Temperature Restriction:** The strict limit on Correlated Color Temperature (CCT), favoring amber light (1800K – 2200K CCT), is crucial, as studies confirm that blue and white light pollution is particularly disastrous for species like birds.
2. **Light Containment:** Prohibiting light nuisance trespass and requiring that outside lighting be contained within the yard boundary directly reduces the exposure of surrounding natural areas and public spaces to harmful ALAN.
3. **Mandatory Curfew:** The requirement that commercial, governmental, and non-essential residential lighting be turned off when not in use or by a specific hour (e.g., street lighting by 10:00 PM) immediately reduces light pollution during the most critical nocturnal periods for wildlife.

## 6. Civil Rights

The municipal commitment to lighting standards is not merely a matter of preference or nuisance control; it is a matter of civil rights compliance under federal law. (APPENDIX G).

Many individuals are light-sensitive and may qualify for protections under the Americans with Disabilities Act (ADA). A municipality is legally required to ensure that individuals with disabilities have full and equal access to all government services and must provide them with the most integrated setting possible.

### A. Light-Sensitive Conditions as Disabilities

A wide range of neurological and medical conditions render individuals exceptionally sensitive to common forms of outdoor lighting, and these conditions often qualify as disabilities under the ADA. These conditions include, but are not limited to:

- Epilepsy
- Autism Spectrum Disorder (ASD)
- Post-Traumatic Stress Disorder (PTSD)
- Migraines and Photophobia
- Electro-Magnetic Radiation (EMR) Syndrome
- TBI (Traumatic Brain Injury)

For these individuals, exposure to excessive light, high-luminance sources, or digital flicker can trigger seizures, debilitating migraines, panic attacks, nausea, or severe eye pain. These triggered responses effectively **exclude** the individual from utilizing or accessing public services, parks, streets, and sidewalks, constituting a direct violation of their civil rights.

### B. The Requirement for Policy Modification

The ADA mandates that the municipal government must modify its policies, practices, and procedures to prevent discrimination. The lighting ordinance serves as this necessary modification:

1. **Elimination of Triggers in Public Spaces:** Lights which trigger adverse reactions must be eliminated or strictly controlled in public spaces and on properties that directly impact public spaces.
2. **Addressing Light Trespass:** Because light travels long distances through both private and public property, the municipal government must implement lighting ordinances that

restrict light nuisance trespass beyond property lines. This protects the "most integrated setting" of an individual's private residence and the public areas surrounding it.

3. **Controlling Hazardous Light:** The standards in the ordinance (e.g., maximum CCT of 2850K, fully shielded fixtures, and the prohibition of flashing lights) are essential modifications necessary to protect the photobiological and neurological safety of disabled residents.

By establishing strict lighting controls, a municipal government is fulfilling its legal obligation to ensure that its streets and public spaces are safe and accessible to all citizens, including those with light-sensitive disabilities.

## 7. Commercial Lighting

The fuel stations shown in Figure 3 and Figure 4 illustrate the differences between comfortable, safe, and functional lighting, and lighting that is excessively bright with hazardous glare from blue-rich light.



Figure 3 - Fuel Station



Figure 4 - Fuel Station with Glare

The commercial building in Figure 5 shows lighting that provides safe, comfortable navigation, whereas the building in Figure 6 shows blue-rich, high-glare, hazardous lighting.



Figure 5 - Amber Lighting

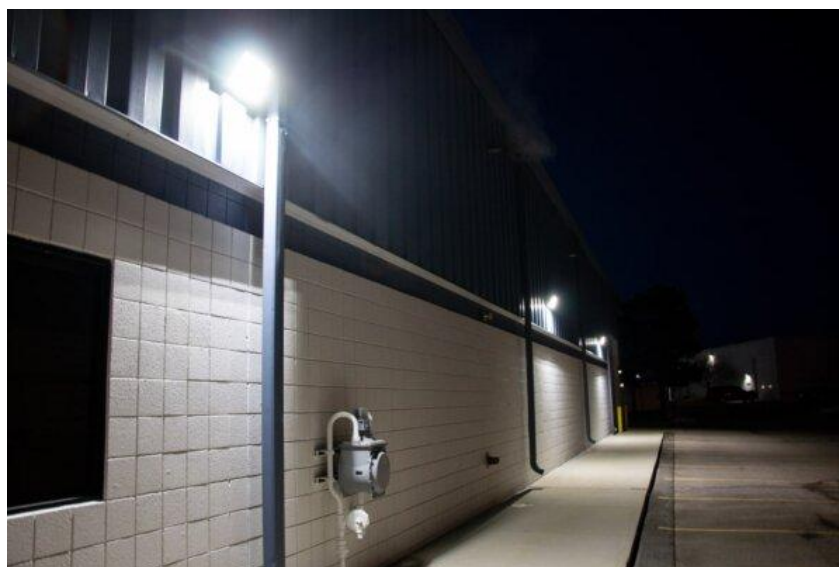


Figure 6 - Commercial Wall Pack

## 8. Flashing Lights

The primary purpose of a flashing light is communication. However, the current implementation of flashing lights, particularly high-intensity, digitally pulsed LEDs, poses significant neurological processing challenges and severe health and safety risks. The use of flashing lights must therefore be strictly controlled. (APPENDIX F).

### A. Overview

The shift to Light Emitting Diode (LED) technology for auxiliary and emergency warning lamps has critically exacerbated the hazards compared to traditional, less-intense light sources.

- **Excessive Intensity (Luminance):** LEDs emit an excessively intense, concentrated light. The metric for the intensity of light that shines directly into a person's eye is luminance, measured in candela per square meter ( $\text{cd}/\text{m}^2$ ) or nit. Auxiliary LED vehicle flashing lights and Rectangular Rapid Flashing Beacons (RRFBs) can output between 1,500 and 100,000  $\text{cd}/\text{m}^2$ .
- **Digital Pulsing:** The digital nature of the flashing makes LED units more neurologically hazardous than analog light sources.

Government agencies have failed to establish appropriate safety limits on this intensity. The federal National Highway Traffic Safety Administration (NHTSA) has acknowledged this danger, interpreting the impairment provision to prohibit auxiliary lamps that are so bright as to obscure or distract from a vehicle's required lamps.

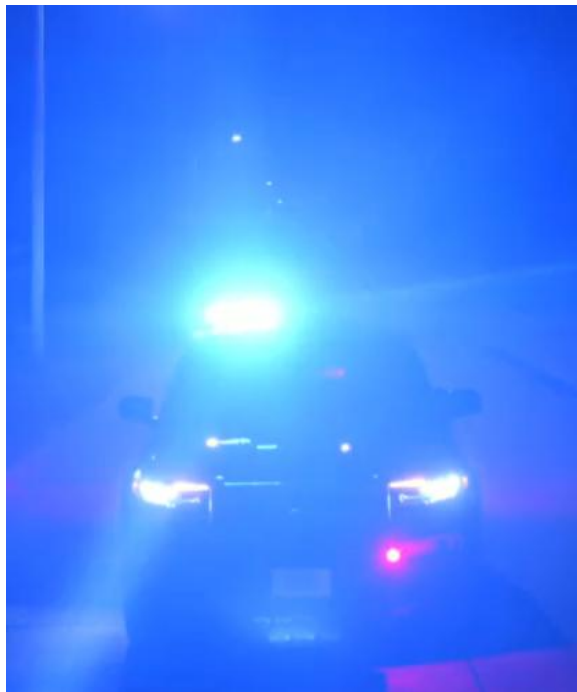


Figure 7 - Police Vehicle Flashing Lights



Figure 8 - Fire Truck Flashing Lights



Figure 9 - Utility Vehicle Flashing Lights



Figure 10 - Rectangular Rapid Flashing Beacon

## B. Safety Research

High-intensity flashing lights create a direct safety hazard by impairing driver vision and cognitive function:

- **Glaring and Obscuring:** Research shows that high-intensity lights are consistently judged as more glaring and impair vision. NHTSA has stated that flashing amber lighting can "unduly divert driver attention and cause confusion". This impairs the effectiveness of federally required vehicle lighting equipment.
- **Counter-Intuitive Reaction Times:** Flashing lights, intended as an alert signal, can paradoxically increase reaction times. High visual salience (brightness/intensity) is shown to interfere with the task the driver needs to execute (e.g., steering or braking) after fixating on the alert.
- **Summary:** Exactly when a driver needs to be most alert and avoid the vehicle with flashing lights, the use of high-intensity flashing lights interferes with vision and cognitive functioning, leading to an increased risk of a crash.

## C. Health Impacts

Uncontrolled flashing lights pose a significant health hazard, triggering neurological events that directly violate the civil rights of light-sensitive residents:

1. **Seizure Risk Threshold:** Flashing lights can trigger seizures for individuals with photosensitive epilepsy, migraines, photophobia, and autism. The established seizure risk threshold for a change in luminance is extremely low: 20 cd/m<sup>2</sup>. Since auxiliary LED

vehicle flashing lights can potentially reach 100,000 cd/m<sup>2</sup>, which would be thousands of times more intense than the threshold known to induce seizures.

2. **Reported Trauma:** As documented in numerous reports submitted to the FDA (APPENDIX I), exposure to LED flashing lights has been linked to:
  - Epileptic and Non-Epileptic Seizures
  - Debilitating Migraines
  - Panic Attacks and Extreme Emotional Trauma
  - Hypovolemic Shock
3. **Physical Harm:** Exposure to a short-term, high-intensity LED light has been documented to cause macular injury.
4. **Civil Rights Violation:** The use of high-luminance flashing lights constitutes a civil rights violation by creating an environment where individuals with light-sensitive disabilities are effectively excluded from safe use of the public roadways and adjacent private property. This parallels the warnings posted by the entertainment industry for flashing light sequences in movies.

**Comfort level:** 1-100 cd/m<sup>2</sup>

**Epilepsy seizure risk threshold for flashing lights:** 20 cd/m<sup>2</sup>

**Typical discomfort level:** 1,500-2,400 cd/m<sup>2</sup>

**Photophobia discomfort level:** 100-1,000 cd/m<sup>2</sup>

**Maximum tolerance level:** 10,000-50,000 cd/m<sup>2</sup>

**LED flashing lights:** 1,500-100,000 cd/m<sup>2</sup>

#### D. Government Policy

A municipal government must establish policies to ensure compliance with federal and state statutes and regulations for motor vehicle safety, worker safety, environmental protection, and disability rights.

1. **Motor Vehicle Safety** – 49 C.F.R. § 571.108(S6.2.1) states:

“No additional lamp, reflective device, or other motor vehicle equipment is permitted to be installed that impairs the effectiveness of lighting equipment required by this standard.”

NHTSA has issued multiple Letters of Interpretation that confirm that auxiliary vehicle flashing lights are prohibited. For example, NHTSA’s December 13, 2024 letter of Interpretation (ID: NCC-241023-001TSEI-TIMA) states, “Therefore, because the “emergency warning lights” are not steady burning, they would not comply with FMVSS No. 108 and would impair required lighting.”

2. **Worker Safety** – 8 Cal. Code Regs. § 3382(a) states:

“Employees working in locations where there is a risk of receiving eye injuries such as punctures, abrasions, contusions, or burns as a result of contact with flying particles, hazardous substances, projections or **injurious light rays** which are inherent in the work or environment, shall be safeguarded by means of face or eye protection.” (emphasis added).

Appendix A of 8 Cal. Code Regs. § 3380 provides guidelines for municipal government employers to assess potential workplace safety hazards. Sources of optical radiation, including “high intensity lights” are specifically identified as possible workplace safety hazards.

8 Cal. Code Regs. § 8604(a) states, “At night, warning lights shall be prominently displayed and excavated areas shall be enclosed with protective barricades.” It is critically important that municipal governments establish written policy that sets a maximum limit on intensity (luminance) and restricts flashing characteristics (e.g. prohibition of digital pulsing) to ensure that the warning lights do not interfere with vision or impair cognitive functioning or cause adverse neurological reactions.

3. **Disability Rights** – There is one federal law (Americans with Disabilities Act), and one state law (California Disabled Persons Act) which act as the primary protection mechanisms for individuals with disabilities from discriminatory flashing lights.

The purpose of a flashing light is to communicate. 28 C.F.R. § 35.160 states:

“A public entity shall take appropriate steps to ensure that communications with applicants, participants, members of the public, and companions with disabilities are as effective as communications with others.”

Therefore, municipal governments must establish written policy that ensures that any flashing lights used by the municipality are just as effective with individuals as with others. Flashing lights on traffic control devices such as Rectangular Rapid Flashing Beacons (RRFB), flashing lights on the vertices of stop signs, flashing lights at intersections and corners, and any flashing lights on vehicles must be restricted in intensity and digital flashing characteristics to ensure that the flashing lights do not trigger seizures, migraines, panic attacks, or impair vision or cognitive functioning in individuals with disabilities such as epilepsy, autism, migraineurs, PTSD, and photophobia.

Cal. Civ. Code § 54(a) states:

“Individuals with disabilities or medical conditions have the same right as the general public to the full and free use of the streets, highways, sidewalks,

walkways, public buildings, medical facilities, including hospitals, clinics, and physicians' offices, public facilities, and other public places.”

Flashing lights can easily interfere with the path of travel for individuals with disabilities or medical conditions. Greater intensity, greater quantities, and digital flashing increase the risk to light-sensitive individuals and therefore municipal governments must establish written policies that set limits on flashing lights, or prohibit flashing lights completely, to ensure protection of all individuals.

To ensure compliance with 49 C.F.R. § 571.108(S6.2.1) (motor vehicle safety), 8 Cal. Code. Regs. § 3203 (worker safety), 28 C.F.R. § 35.160 (communications), Cal. Civ. Code § 54 (equal access), and other federal and state statutes and regulations, a municipal government must establish a written lighting policy in a document such as described in Section 9 - Lighting Ordinance.

## **9. Lighting Ordinance**

The proposed lighting ordinance prohibits light nuisance trespass beyond property lines, provides for photobiological and neurological safety from exposure to directly-viewed light, limits the use of blue wavelength light, and establishes a low-burden mechanism for enforcement.

The lighting ordinance shall be established as Part 5, Chapter 559 – Light, in the Codified Ordinances of Anytown, USA.

### **§ 559.1 Lighting Nuisance.**

Artificial light that is injurious to health, offensive to the senses, impairs vision, is ecologically unsound, or creates an obstruction to the free use of property is deemed a nuisance.

### **§ 559.2 Lighting Discrimination.**

Any artificial light, static or flashing, fixed or mobile, that restricts vision, interferes with path of travel, or which deters an individual from full and equal access to a workplace, public space, government facility, or public accommodation, is deemed discriminatory.

### **§ 559.3 Workplace Lighting.**

Any lighting used in a place of work or employment shall be photobiologically, neurologically, psychologically, and hormonally safe and comfortable for all individuals.

### **§ 559.4 Residential Lighting.**

#### **A. Standards.**

- (1) The light source shall not be directly-viewable from beyond the property line.
- (2) Outside lighting shall be contained within the yard boundary. No light spillover shall occur outside the yard area.
- (3) The Correlated Color Temperature (CCT) of the light shall not exceed 2850K.
- (4) Outdoor lighting shall be turned off when not in direct use.

**B. Guidelines.**

- (1) Amber lighting is preferred (1800K – 2200K CCT).

**§ 559.5 Commercial Lighting.**

- (1) The light source shall not be directly-viewable from beyond the property line.
- (2) The Correlated Color Temperature (CCT) of the light shall not exceed 2850K.
- (3) Outside lighting shall be contained within the property boundary. No light spillover shall occur outside the property area.
- (4) Decorative uplighting is prohibited.
- (5) The luminance of any light used for decorative or signaling purposes shall not exceed ambient lighting by more than 50 candela per square meter.
- (6) Lighting shall not produce glare that interferes with the safe and equal access to, or use of, public spaces or pathways, including those individuals with neurological sensitivities.
- (7) Outdoor lighting and illuminated signs shall be extinguished no later than the close of business or 10:00 PM, whichever is earlier.

Exception: Establishments operating between 10:00 PM and sunrise may keep on the minimum lighting necessary for customer transaction areas (e.g., fuel pump islands, automated teller machines, entrance/exit signs). All non-essential illuminated advertising signs and decorative lighting shall comply with the 10:00 PM cutoff.

- (8) Indoor lighting shall be extinguished no later than the close of business, or windows must be fully covered to prevent light spill.
- (9) Parking lot lighting shall be fully shielded, amber, and extinguished no later than the close of business or 10:00 PM, whichever is earlier.

**B. Guidelines.**

- (1) Diffusion coverings or reflected light are preferred over directly-viewable lighting.

§ 559.6 Government Lighting.

**A. General.**

- (1) Outdoor lighting and illuminated signs shall be extinguished no later than the close of business or 10:00 PM, whichever is earlier.
- (2) Indoor lighting shall be extinguished no later than the close of business or windows must be fully covered to prevent light spill
- (3) Parking lot lighting shall be fully shielded, amber, and extinguished no later than the close of business or 10:00 PM, whichever is earlier.
- (4) Street lighting shall be fully shielded, amber, and extinguished by 10:00pm.
- (5) Sports field lighting shall be fully shielded and and turned off by 10:00pm.

**B. Traffic Control Flashing Lights.**

- (1) Flashing lights that turn on and off digitally or instantly are prohibited.
- (2) The luminance of a flashing light may not exceed ambient lighting conditions by more than 50 candela per square meter.

**C. Auxiliary Vehicle Lights.**

- (1) Auxiliary vehicle flashing lights are prohibited.
- (2) The luminance of any auxiliary vehicle light used for decorative or signaling purposes shall not exceed ambient lighting by more than 50 candela per square meter.

§ 559.7 Holiday Lighting.

- (1) Outdoor holiday lighting is permitted from December 1 through January 7.
- (2) Outdoor holiday lighting shall not produce glare that interferes with the safe and equal access to, or use of, public spaces or pathways, including those individuals with neurological sensitivities.
- (3) Outdoor flashing lights are prohibited.
- (4) Outdoor holiday lighting must be extinguished by 10:00pm.

§ 559.8 Vehicle Lighting.

(1) Prohibited Use. The use of vehicle headlamps is not permitted when the vehicle is unattended and parked or when the vehicle is parked for an extended period in a manner that creates a nuisance.

(2) Exception. This section shall not apply to headlamps used solely for the purpose of emergency, maintenance, or repair of the vehicle, provided the vehicle is attended and the lighting is directed so as to minimize the creation of a nuisance.

#### § 559.9 Mobility Lighting.

(1) Mobility vehicles include bicycles, tricycles, wheelchairs, eBikes, scooters, golf carts, and similar transportation devices.

(2) The use of flashing lights on mobility devices is prohibited.

(3) The CCT for a light used on a mobility vehicle shall not exceed 2850K.

(4) The luminance of any mobility light used for decorative or signaling purposes shall not exceed ambient lighting by more than 50 candela per square meter.

#### § 559.10 Enforcement.

(1) The City shall maintain a web page with photograph examples of permitted and non-permitted lighting.

(2) Any individual may submit a photograph and address to Code Enforcement requesting enforcement and Code enforcement shall issue an administrative letter to the property owner.

(3) A property owner that has received an administrative notice may submit photographs to the City demonstrating that the lighting ordinance violation has been abated or does not exist.

(4) Should a dispute arise, Code Enforcement shall perform a site visit at night.

#### § 559.11 Severability

If a court determines that any clause, sentence, paragraph, subdivision, or part of this chapter or the application thereof to any person, firm or corporation, or circumstance is invalid or unconstitutional, the court's order or judgment shall not affect, impair, or invalidate the remainder of this chapter but shall be confined in its operation to the clause, sentence, paragraph, subdivision, or part of this chapter or in its application to the person, individual, firm or corporation or circumstance directly involved in the controversy in which such judgment or order shall be rendered.

§ 559.12 When effective.

This chapter shall take effect immediately upon filing with the Secretary of State.

## APPENDIX A – CRIME AND SAFETY

**June 20, 2025** – [To Determine if Changing to White Light Street Lamps Reduces Crime: A Multilevel Longitudinal Analysis of Crime Occurrence during the Relighting of Leeds, a UK City](#) – Switching to white light streets does not reduce vehicle crashes and has negligible impact on crime.

**July 1, 2024** – [Spatiotemporal Analysis of Nighttime Crimes in Vienna, Austria](#) – This research confirms the results of other studies that brighter lights increase crime rates

**March 1, 2024** – [The Thorny Problem of Lighting and Crime](#) – Fear of crime is real, but studies do not show that artificial outdoor lighting reduces crime or increases public safety.

**June 5, 2023** – [In the best light? Road safety and public spending](#) – No evidence that there was any improvement in road safety in Leeds after nearly 80,000 lamps were changed to white light.

**November 30, 2022** – [Investigating Blackout Crime In The Second World War](#) – Blackouts lead to reduced crime in England during World War II.

**July 5, 2022** – [To Determine if Changing to White Light Street Lamps Improves Road Safety](#) – The conclusion is that white light does not improve road safety.

**May 5, 2022** – [Thief Cut Victim's Grass](#) – The artificial light allowed a person to steal the homeowner's lawn mower and mow their lawn.

**March 30, 2022** – [Absence of Street Lighting May Prevent Vehicle Crime](#) – Streetlights increase theft.

**December 23, 2021** – [NYPD Police Cars Attacked](#) – Proof that LED radiation devices likely increase agitation in people and do not reduce crime. If bright white LED lights shining onto NYPD police cars doesn't stop crime, then why have them?

**March 17, 2020** – [How Much Lighting is Required to Feel Safe When Walking Through the Streets at Night?](#) – The observed improvement in the model fit, attributed to the logarithmic transformation of the illumination variable, indicates that there are diminishing Feeling of Safety returns, as increasing illumination to high levels leads to smaller and smaller improvements in Feeling of Safety.

**2019** – [Streetlight Outages, Public Safety, and Crime Displacement: Evidence from Chicago](#) – Streetlights do not deter crime. Crime is a function of the population and the care shown by the city.

**May 28, 2019** – [More Lighting Alone does not Create Safer Cities](#) – This study confirms that women feel safer under soft lighting rather than harsh lighting.

**November 30, 2017** – [Essex Police Crime and Lights Study](#) – This Essex Police study showed no decrease in crime by using lights.

**July 28, 2015** – [The effect of reduced street lighting on crime and road traffic injuries at night](#) – This UK study concludes that streetlights reduces neither crime nor traffic accidents.

**2015** – [Streetlights and how they relate to crime](#) – This Rice University study found that streetlights do not reduce crime, and that areas with higher concentrations of streetlights had more crime.

**2015** – [Light and Crime](#) – Royal Astronomical Society of Canada

**March, 2007** – [Halved Crime in a Dark City](#) – Swedish Study

**2005** – [Conflicts of Interest – Let There be Light](#) – An investigation into how researchers make tainted and false claims about the effects of street lighting on crime.

**May, 2003** – [Outdoor Lighting and Crime, Part 2: Coupled Growth](#) – Australian Study

**November, 2002** – [Outdoor Lighting and Crime, Part 1: Little or No Benefit](#) – Australian Study

**December, 1997** – [Dark Campus Programs](#) – The standard myth is that lighting prevents crime, but by turning off the lights, school campuses have reduced vandalism.

**February, 2000** – [Vitamins Reduce Anti-social Behavior by 47%](#) – Any city that wishes to reduce crime should invest in vitamin distribution, rather than artificial light.

**April 24, 2019** – We are not including a link to a study from Crime Lab New York that claims that crime is reduced by using bright white lights. Their study used 600,000 lumen lights (equivalent to torture) running on diesel generators and there was a reduction of 1 crime over a 6 month period. We only mention this study because it is often quoted, even though it is complete nonsense.

## APPENDIX B – HUMAN HEALTH

**October 25, 2025** – [Wavelength-resolved measures of outdoor artificial light at night and breast cancer risk](#) – Outdoor artificial light at night (ALAN) may increase breast cancer risk by suppressing melatonin secretion, an effect influenced by light intensity and wavelength.

**October 23, 2025** – [Light Exposure at Night and Cardiovascular Disease Incidence](#) – A study of 88,905 adults shows an increased risk of cardiovascular diseases due to brighter light at night.

**July 28, 2025** – [Association between outdoor artificial light at night, circadian health, and LDL-C in intracranial artery atherosclerotic stenosis](#) – Increasing ALAN intensity surrounding residences was associated with poorer LDL-C control in ICAS patients, potentially mediated by circadian rhythm disruptions, global methylation levels, and ABC transporter protein expression.

**June 20, 2025** – [Personal night light exposure predicts incidence of cardiovascular diseases in >88,000 individuals](#) – Night light exposure was a significant risk factor for developing cardiovascular diseases.

**June 15, 2025** – [Personal 24-hour light exposure pattern with obesity and adiposity-related parameters in school-aged children: A cross-sectional study based on compositional data analysis](#) – Dim daylight and bright nightlight are linked with increased weight among boys.

**April 10, 2025** – [Perinatal Exposures to Ambient Fine Particulate Matter and Outdoor Artificial Light at Night and Risk of Pediatric Papillary Thyroid Cancer](#). Quote: “We evaluated the association between pediatric thyroid cancer risk and perinatal exposure to ambient fine particulate matter (PM<sub>2.5</sub>) and outdoor artificial light at night (O-ALAN). **Both are considered environmental carcinogens** with evidence of thyroid function disruption, reported associations with thyroid cancer in adults, and concerns of distributive inequity.”

**February, 2025** – [Beyond vision: effects of light on the circadian clock and mood-related behaviours](#) – Impacts of light on the brain and circadian rhythms.

**November 19, 2024** – [The connections between human health and blue light pollution](#) – Audio interview with Dr. Mario Motta, the father of the discoveries of blue light melatonin suppression and the connection to disease.

**November 9, 2024** – [Effects of near-infrared radiation in ambient lighting on cognitive performance, emotion, and heart rate variability](#) – NIR is beneficial to human health.

**October 20, 2024** – [Indoor and outdoor artificial light-at-night \(ALAN\) and cancer risk: A systematic review and meta-analysis of multiple cancer sites and with a critical appraisal of exposure assessment](#) – Artificial light at night increases cancer risk.

**October 1, 2024** – [Solid State Lighting: Review of Health Effects](#) – A detailed literature of the health impacts of LED lighting by the International Energy Agency.

**October, 2024** – [We’re all healthier under a starry sky](#) – American Medical Association Journal of Ethics article by Dr. Mario Motta discusses the impacts of ALAN.

**September 15, 2024** – [Light pollution: time to consider testicular effects](#) – Given the strong interrelationships between energy metabolism and fertility ([Hansen et al., 2013](#); [Della Torre et al., 2014](#); [Roa and Tena-Sempere, 2014](#); [Service et al., 2023](#)), it is plausible that light pollution could impact fertility – impacts that include adverse effects on puberty from smart phone use at bedtime during adolescence.

**September 5, 2024** – [Outdoor nighttime light exposure \(light pollution\) is associated with Alzheimer's disease](#) – Higher outdoor nighttime light was associated with higher prevalence of Alzheimer's Disease.

**August 10, 2024** – [Insights into the Effect of Light Pollution on Mental Health: Focus on Affective Disorders—A Narrative Review](#) – Light pollution increases risk of mental health disorders including depression, bipolar disorder, and suicidal ideations.

**April 8, 2024** – [Why Are Cancer Rates in Young People Climbing?](#) – Blue-rich lighting may be a culprit in the rise of cancers in the young.

**April 5, 2024** – [Melanopsin: Light response, circadian rhythm, and blue light exposure](#) – An article on the light-detecting protein melanopsin and how it is found in the eye, fat, skin, blood vessels, and brain.

**March 25, 2024** – [Outdoor Light at Night, Air Pollution, and Risk of Cerebrovascular Disease: A Cohort Study in China](#) – ALAN increases risk of disease.

**February 20, 2024** – [Light stimulation of mitochondria reduces blood glucose levels](#) – Red light can reduce blood glucose spikes. Red light is generally beneficial, as compared to blue light which is the controller of our circadian rhythms, but also hazardous.

**February 14, 2024** – [Influence of Light at Night on Allergic Diseases: A Systematic Review and Meta-Analysis](#) – Study finds that artificial light increases the risk of allergic diseases.

**January 26, 2024** – [Breast Cancer Incidence Among US Women Aged 20 to 49 Years by Race, Stage, and Hormone Receptor Status](#) – Breast cancer rates started rising at 4% per year in correlation with the adoption of blue-rich LED lights.

**October 9, 2023** – [Day and night light exposure are associated with psychiatric disorders: an objective light study in >85,000 people](#) – Increased exposure to light at night increases a person's risk for psychiatric disorders such as anxiety, bipolar and PTSD severity as well as self-harm.

**October 4, 2023** – [Lights should support circadian rhythms: evidence-based scientific consensus](#) – 2,697 peer-reviewed publications show the blue light is harmful.

**August 21, 2023** – [Induction of Skin Cancer by Long-Term Blue Light Irradiation](#) – The results of this study showed that daily exposure to blue light for 1 year induced skin cancer.

**June 23, 2023** – [Outdoor artificial light at night and risk of early-onset dementia: A case-control study in the Modena population, Northern Italy](#) – Study showing a connection between artificial light at night and dementia.

**June, 2023** – [Non-image-forming functional roles of OPN3, OPN4 and OPN5 photopigments](#) – Proteins that can detect light.

**May, 2023** – [Understanding Light Pollution: Recent Advances on Its Health Threats and Regulations](#) – Discussion of health impacts of light pollution.

**March 17, 2023** – [Light as a Modulator of Non-Image-Forming Brain Functions—Positive and Negative Impacts of Increasing Light Availability](#) – Melanopsin-expressing ipRGCs mediate the influence of light on several circadian, neuroendocrine, and neurobehavioral functions collectively defined as NIF, i.e., functions not directly related to image formation.

**March 16, 2023** – [Light at night and cause-specific mortality risk in Mainland China: a nationwide observational study](#) – The first study showing a direct correlation between artificial light at night and death. – Cellular risks of blue light exposure.

**March 13, 2023** – [The #1 EMF You've Forgotten About](#) – Detailed blog discussion of the impacts of blue wavelength light on human health.

**January 4, 2023** – [Network-driven intracellular cAMP coordinates circadian rhythm in the suprachiasmatic nucleus](#) – Circadian rhythms are controlled by blue wavelength light.

**December, 2022** – [Associations Between Indoor Light Pollution and Unhealthy Outcomes in 2,947 Adults: Cross-sectional Analysis in HEIJO-KYO Cohort](#) – LAN levels are significantly associated with parameters of obesity, dyslipidemia, systemic inflammation, sleep disturbances, and depressive symptoms.

**October 24, 2022** – [Light Pollution Linked with Cognitive Decline](#) – Outdoor light pollution study.

**September 28, 2022** – [Functional connectivity of brain networks with three monochromatic wavelengths: a pilot study using resting-state functional magnetic resonance imaging](#) – Each wavelength has different impacts on human brain activity.

**September 26, 2022** – [Associations between indoor light pollution and unhealthy outcomes in 2,947 adults: Cross-sectional analysis in the HEIJO-KYO cohort](#) – LAN levels are significantly associated with parameters of obesity, dyslipidemia, systemic inflammation, sleep disturbances, and depressive symptoms.

**August 10, 2022** – [Artificial light at night and risk of mental disorders: A systematic review](#) – “the epidemiological evidence produced so far seems to support an association between LAN and risk of depressive disorders.”

**August 10, 2022** – [Disruption of the Circadian Clock Drives Apc Loss of Heterozygosity to Accelerate Colorectal Cancer](#) – Interruption of the circadian clock increases cancer risk.

**July 15, 2022** – [Outdoor light at night, overweight and obesity in school-aged children and adolescents](#) – Outdoor light at night increases obesity in children.

**June 22, 2022** – [Light at Night in Older Age Associated with Obesity, Diabetes, and Hypertension](#) – ALAN causes sickness.

**June 14, 2022** – [Linking Individual Differences Between in Human Primary Visual to Contrast Sensitivity Around the Visual Field](#) – Research on how vision works.

**June 6, 2022** – [Risk of COPD Exacerbation is Increased by Poor Sleep Quality and Modified by Social Adversity](#) – Poor sleep increases risk of lung disease.

**March 14, 2022** – [Light Exposure During Sleep Impairs Cardiometabolic Function](#) – Blue light is bad. Any light is bad. Tiny amounts of light at night is bad.

**March 10, 2022** – [Outdoor Light at Night and Autism Spectrum Disorder](#) – Artificial Light at Night significantly increases the risk of developing autism.

**March 3, 2022** – [The Mind After Midnight: Nocturnal Wakefulness, Behavioral Dysregulation, and Psychopathology](#) – Maladaptive Behaviors After Midnight.

**November, 2021** – [One Third of Us are At Risk](#) – Compiled links to medical research on the effects of LEDs.

**June 6, 2021** – [Afraid of the dark: Light acutely suppresses activity in the human amygdala](#) – Fear of the dark is real.

**May 13, 2021** – [Should We Re-think Regulations and Standards for Lighting at Workplaces? A Practice Review on Existing Lighting Recommendations](#) – Quote: the quality of light should not be reduced for lower energy consumption.

**March, 2021** – [Do no harm: the beginning of the age of healthy hospital lighting](#) – Reduction of blue wavelength light improves sleep.

**February 21, 2021** – [The dark side of nocturnal light pollution. Outdoor light at night increases risk of coronary heart disease](#) – Taken together, the present study by Sun *et al.* provides strong evidence that light at night may constitute a relevant contributor to increased risk of CHD.

**February 8, 2021** – [Associations between Artificial Light and Risk for Thyroid Cancer](#) – Artificial light increases thyroid cancer risk by 55%.

**February, 2021** – [Insights into blue light accelerated tooth whitening](#) – At a radiance of 190 mW/cm<sup>2</sup>, LEDs will bleach teeth.

**January 27, 2021** – [Moonstruck sleep: Synchronization of human sleep with the moon cycle under field conditions](#) – Sleep timing is synchronized under the moon cycle. Artificial light disrupts this cycle.

**January 7, 2021** – [Light Pollution, Sleep Deprivation, and Infant Health at Birth](#) – This study confirms that light pollution can lead to premature births.

**November 5, 2020** – [Evening home lighting adversely impacts the circadian system and sleep](#) – This article makes the case that the economic benefits of energy efficient LED lighting are outweighed by the substantial disease burden they produce.

**May 24, 2020** – [20% to 30% Have Heightened Sensitivity](#) – This article articulates how the 20% to 30% of the population who are sensitive receptors have been so far snubbed by the the psychology profession.

**February 29, 2020** – [LED Street Lights – Major Health Concerns](#) This presentation by Dr. Wojcik summarizes the research about the dangers of blue wavelength light.

**February 27, 2020** – [Blue Light Suppresses Melatonin in Dairy Calves](#) This study shows that melatonin is suppressed by blue wavelength light, thus affecting eating, drinking, etc.\

**2020** – [Replace Toxic Fluorescent Light with Natural Light Now!](#) – A discussion of research studies showing the adverse health impacts of fluorescent and LED light on health and student learning.

**December 13, 2019** – [Light-Emitting Diodes \(LEDs\): Implications for Safety](#) – Even though this is an article from ICNIRP, it contains a fundamentally false statement on efficiency and is missing discussion of non-uniform luminance.

**November 29, 2019** – [Acute Exposure to Low Level Light at Night is Sufficient to Induce Neurological Changes and Depressive-like Behavior](#) – Acute exposure to LAN alters brain physiology and can be detrimental to wellbeing in otherwise healthy individuals.

**October 17, 2019** – [Daily blue-light exposure shortens lifespan and causes brain neurodegeneration in Drosophila](#) – LED blue wavelength light causes serious injury to flies.

**May 22, 2019** – [Implication of Melanopsin and Trigeminal Neural Pathways in Blue Light Photosensitivity in vivo](#) – Melanopsin is a protein that can detect light. The researchers demonstrate that blue-light exposure provokes important immune and inflammatory responses in the ocular surface, trigeminal pathways and the retina.

**April, 2019** – [Ocular hazards of curing light units used in dental practice – A systematic review](#) – The article states, “This review concludes that blue light poses maximum risk to cause retinal degeneration based on the evaluated studies.”

**October 2, 2018** – [Melatonin: An Anti-Tumor Agent](#) This study shows that light at night increases risk of breast and prostate cancer.

**September 9, 2018** – [Blue light negatively affects the survival of ARPE19 cells through an action on their mitochondria and blunted by red light](#) – Red light blunts the negative effects of blue light.

**July 2018** – [Light Pollution, Sleep Deprivation, and Infant Health at Birth](#) – Skyglow results in reduced birth weight and pre-term births.

**June 25, 2018** – [Current Understanding of Photophobia, Visual Networks, and Headaches](#) – How light triggers pain.

**June 5, 2018** – [SCHEER Final Opinion on Light Emitting Diodes](#) – An overly positive opinion of LEDs, choosing to ignore the downsides and missing studies.

**February, 2018** – [Including an index measuring the weighted content of blue light in lamp labelling](#) – A proposal for G-Index in place of Correlated Color Temperature.

**August 8, 2017** – [Harvard University – Outdoor Light at Night and Breast Cancer Incidence in the Nurses’ Health Study II](#) This study shows the link between artificial light at night and breast cancer.

**February, 2017** – [Blue Light Paradox](#) – Blue wavelength controls circadian rhythms, but also damages the eye.

**January 31, 2017** – [National Institutes of Health – Timing of Light Exposure Affects Mood and Brain Circuits](#) – This scientific research article covers how circadian rhythms are being disrupted by artificial light at night.

**January 2017** – [Photobiological Safety](#) – Discussion of the impacts of LED light on circadian rhythms and eye cells by Christophe Martinsons.

**April, 2016** – [Exposure of Fluid Milk to LED Light](#) – LED light has a strong negative impact on the taste of milk.

**January 24, 2016** – [NIH – Effects of Blue Light on the Circadian System and Eye Physiology](#) This scientific research paper concludes that blue light causes photoreceptor damage.

**November 17, 2014** – [Melanopsin mediates light-dependent relaxation in blood vessels](#) – Melanopsin proteins are found in blood vessels and can detect light.

**January 2013** – [Health Effects of Large LED Screens on Local Residents](#) – Luminance above 10,000 nits is dangerous and this article mentions the need to further study the impacts of LEDs on those with epilepsy.

**November 8, 2012** – [Ensuring Safety in LED Lighting](#) – Significant coverage of the dangers of LED radiation. Blue light hazard, excessive luminance, macular degeneration, sleep disruption, and LEDs classified as lasers for use in toys.

**June 3, 2011** – [Limiting the impact of light pollution on human health, environment, and stellar visibility](#) – Impacts of light pollution.

**December, 2010** – [Light Pollution: Light at Night and Breast Cancer Risk Worldwide](#) This study shows that cancer risk increased by as high as 50% for countries with high Artificial Light at Night.

**August 20, 1999** – [Daylighting in Schools Study](#) – Students perform better under natural light.

**November 22, 1996** – [Effect of bright light exposure on muscle sympathetic nerve activity in human](#) – 5000 lux light triggers nerve activity, even after the light is shut off.

## APPENDIX C – EYE HAZARDS

**July 8, 2025** – [Longer wavelengths in sunlight pass through the human body and have a systemic impact which improves vision](#) – Exposure to longer red wavelengths improves mitochondrial function and ATP production.

**April, 2025** – [LED lighting undermines visual performance](#) – Absence of longer wavelengths in LEDs and their short wavelength dominance impacts physiologically, undermining normal mitochondrial respiration that regulates metabolism, disease and ageing

**December 30, 2024** – [Hidden route of protein damage through oxygen-confined photooxidation](#) – Another pathway for blue light eye damage.

**March 18, 2024** – [Light Pollution and Oxidative Stress: Effects on Retina and Human Health](#) – The consequences of excessive illumination and/or prolonged exposure to blue light on retinal function and explores its implications for human health.

**April 17, 2024** – [The Position Index of Overhead LED Sources Under Different Spectral Power Distributions and Background Luminances](#) – “LED products can exhibit very high luminance values. Even when used at high angles they can be uncomfortably bright. Some emitters measure at over 1,000,000cd/m<sup>2</sup>, although those luminances are usually reduced with the use of diffusing materials or indirect optical systems.”

**February 2, 2024** – [The blue light hazard and its use on the evaluation of photochemical risk for domestic lighting. An in vivo study](#) – Light spectrum matters, not just blue light. The risk to cellular death from Visible Light has been drastically underestimated.

**January 16, 2024** – [Nighttime Outdoor Artificial Light and Risk of Age-Related Macular Degeneration](#) – A study of 126,418 subjects found a correlation between Artificial Outdoor Light At Night and Exudative Age-related Macular Degeneration.

**December 17, 2023** – [Lighting for the Aging Eye](#) – Discussion of the impacts of light on an older person’s eyes.

**July 26, 2023** – [Accidental macular injury from short-term exposure to a handheld high-intensity LED light](#) – Short-term exposure to high-intensity LED light may cause damage to the retina.

**May, 2023** – [Blueberry Stem Extract Suppresses Blue Light-Emitting Diode Light-Induced Endoplasmic Reticulum Stress on Retinal Photoreceptor Cells](#) – Blue light causes retinal photoreceptor damage via oxidative and endoplasmic reticulum (ER) stress.

**April, 2023** – [Blue light exposure collapses the inner blood-retinal barrier by accelerating endothelial CLDN5 degradation through the disturbance of GNAZ and the activation of ADAM17](#) – Blue light causes cellular harm.

**March, 2023** – [Blue Light—Ocular and Systemic Damaging Effects: A Narrative Review](#) – The harmful effects of blue wavelength light.

**January 4, 2023** – [Network-driven intracellular cAMP coordinates circadian rhythm in the suprachiasmatic nucleus](#) – Circadian rhythms are controlled by blue wavelength light.

**January, 2023** – [Blue light pollution causes retinal damage and degeneration by inducing ferroptosis](#) – Blue wavelength light causes cell death.

**July 27, 2022** – [Age-dependent effects of blue light exposure on lifespan, neurodegeneration, and mitochondria physiology in \*Drosophila melanogaster\*](#) – Blue wavelength light is even more toxic as we age.

**April, 2021** – [What is Photobiological Safety Standard?](#) – Discussion of IEC 62471 and concern about eye damage from LEDs and the classification groups Risk Group 0, 1, 2 and 3.

**July 14, 2020** – [Comparison of ophthalmic toxicity of light-emitting diode and organic light-emitting diode light sources](#) – LEDs are toxic to the eye, OLEDs less so.

**February, 2020** – [Light-induced Retinal Ganglion Cell Damage and the Relevant Mechanisms](#) – Retinal Ganglion Cells in the eye are damaged by excessive visible radiation.

**August 21, 2019** – [Mitochondria as Potential Targets and Initiators of the Blue Light Hazard to the Retina](#) – Describes the structure of the eye at the cellular level and details the photobiological hazards and serious injury to the eye caused by blue wavelength light.

**January 15, 2019** – [Luminance and vertical eye illuminance thresholds for occupants' visual comfort in daylight office environments](#) – A daylight luminance threshold of about 2,500 candela per square meter is the limit for comfort.

**December 18, 2018** – [Research progress about the effect and prevention of blue light on eyes](#) – Quote: “High energy short wave blue light between 415 and 455 nm is the most harmful. Direct penetration of crystals into the retina causes irreversible photochemical retinal damage.”

**December, 2018** – [Exposure to excessive blue LED light damages retinal pigment epithelium and photoreceptors of pigmented mice.](#)

**June 29, 2017** – [Effects of white light-emitting diode \(LED\) exposure on retinal pigment epithelium \*in vivo\*](#)

**February 18, 2017** – [Light-emitting-diode induced retinal damage and its wavelength dependency \*in vivo\*](#)

**October, 2016** – [Blue Light: What are the Risks to Our Eyes?](#) – International Review of Ophthalmic Optics  
– Quote: *We cannot seriously deny the potential ocular risks from overexposure to blue light. It is important not to forget that it is the cumulative effect over time that is dangerous and must be fought.*

**April 8, 2015** – [Retinal damage induced by commercial light emitting diodes \(LEDs\).](#)

**June, 2014** – [\(PDF\) Damage of photoreceptor-derived cells in culture induced by light emitting diode-derived blue light \(researchgate.net\)](#)

**March, 2014** – [White light-emitting diodes \(LEDs\) at domestic lighting levels and retinal injury in a rat model.](#)

**January, 2011** – [Retinal light toxicity](#) – Discussion of eye hazards from light and different types of toxicity.

## APPENDIX D - NEUROLOGY

**March 2, 2025** – [International Guidelines for Photosensitive Epilepsy: Gap Analysis and Recommendations](#) – Changes in luminance of greater than 20 cd/m<sup>2</sup> can trigger seizures for individuals with photosensitive epilepsy.

**June 5, 2024** – [Hyper-focus, sticky attention, and springy attention in young autistic children: Associations with sensory behaviors and cognitive ability](#) – Individuals with autism may not be able to disengage from LED lights.

**April 17, 2024** – [High visual salience of alert signals can lead to a counterintuitive increase of reaction times](#) – Attention vs. Distraction.

**February 21, 2023** – [Associations Between the Pupil Light Reflex and the Broader Autism Phenotype in Children and Adults](#) – An individual with autism has a slower pupil light reflex.

**November 30, 2022** – [A Case Study on the Effect of Light and Colors in the Built Environment on Autistic Children's Behavior](#) – Quote, “especially since bright lights and loud sounds can be bothersome sensory overloads to autistic children affecting their functioning and behavior.”

**February 7, 2022** – [Visually sensitive seizures: An updated review by the Epilepsy Foundation](#) – The abstract states that visually-induced seizures remain significant public health hazards so they warrant ongoing scientific and regulatory efforts and public education and that images with flashes brighter than 20 candelas/m<sup>2</sup> at 3-60 (particularly 15-20) Hz occupying at least 10 to 25% of the visual field are a risk. This confirms that LED flashing lights will trigger epileptic seizures.

**November 19, 2021** – [Sensory Friendly LED Lighting for Healthcare Environments](#) – An important acknowledgement that light affects people with autism and that hospital environments can harm people with autism. However, the report fails to acknowledge non-uniform luminance and generally promotes unsafe LED lighting.

**June 8, 2021** – [Visual Sensory Experiences from the Viewpoint of Autistic Adults](#) – Quote: “a dislike for extreme or flashing lights”

**January 2013** – [Health Effects of Large LED Screens on Local Residents](#) – Luminance above 10,000 nits is dangerous and this article mentions the need to further study the impacts of LEDs on those with epilepsy.

[Psychological factors in exceptional, extreme and torturous environments](#) – Includes discussion of strobe lights as torture.

[The Hidden Harm](#) – Includes discussion of using bright lights as a torture method.

[Photosensitivity and Seizures](#) – A short article about light causing seizures in those with epilepsy.

[Why Light Worsens Migraine Headaches](#) – Discussion of how light increases the pain of migraine headaches.

[Sensitivity Intolerance in Autism](#)– Discussion of how light impacts those with autism.

[Lighting Ergonomics, Light Flicker](#) – Discussion of sub-sensory flicker.

[Avoiding Flashing on Web Pages](#) – Discussion of avoiding flashing that may trigger seizures.

[Blue Light and Bipolar Disorder](#) – August 4, 2021

## APPENDIX E – ECOLOGY

**June 24, 2025** – [Policy Brief: Restoring the Night: A Policy Agenda for Light Pollution Mitigation in Europe](#) – This policy brief provides strategic guidance for the European Union to take steps towards addressing light pollution, recognising its adverse environmental impacts, harmonising efforts and providing a framework for coordinated national action, as well as promoting science-based regulation and management of artificial light at night (ALAN).

**June 16, 2025** – [Citizen science illuminates the nature of city lights](#) – Counting and categorizing all outdoor lighting sources in a city.

**June 16, 2025** – [Artificial light at night outweighs temperature in lengthening urban growing seasons](#) – Findings demonstrate that ALAN is a critical driver of vegetation dynamics in cities, one we should consider during urban management and development.

**November 13, 2024** – [Pulsed artificial light at night alters moth flight behaviour](#) – LED vehicle headlights impacting moth behavior.

**November 12, 2024** – [Exposure to constant artificial light alters honey bee sleep rhythms and disrupts sleep](#) – Bees are adversely impacted by artificial light at night.

**October 10, 2024** – [Blue and white light pollution is disastrous for Cory's shearwater fledglings](#) – Birds are severely impacted by blue-rich light.

**August 10, 2024** – [Maltese Coastline Never Sleeps: The Effects of Artificial Light at Night \(ALAN\) on the Local Infralittoral Assemblages—A Case Study](#) – Predatory species, particularly *T. trachurus*, strategically exploited high-light conditions, demonstrating station holding behaviour, primarily under high-intensity white light, due to net energy gain despite increased metabolic costs.

**October 8, 2024** – [Shedding light with harmonic radar: Unveiling the hidden impacts of streetlights on moth flight behavior](#) – Impacts of streetlights on moths.

**July 26, 2024** – [How to reduce the negative impacts of artificial light at night on flying insects](#) – Reduced light levels and homogeneity of coverage reduces adverse insect impacts.

**January 20, 2024** – [Research Note: Red light to mitigate light pollution: Is it possible to balance functionality and ecological impact?](#) – Even red light at night can have adverse ecological impacts.

**January 19, 2024** – [Artificial light at night reduces earthworm activity but increases growth of invasive ragweed](#) – Light pollution reduced earthworm surface activity by 76% and increased ragweed height growth by 104%.

**January 11, 2024** – [How Artificial Light Threatens Nature](#) – Video documentary that details how artificial light is devastating the ecosystem.

**January 4, 2024** – [Why flying insects gather at artificial light](#) – Insects turn their dorsum towards the lights which provides orientation. Artificial light causes the insects to steer in a circle until death.

**October 30, 2023** – [The impacts of artificial light at night on the ecology of temperate and tropical reefs](#) – ALAN could cause a collapse in species or functional diversity, by imposing selective pressures on species traits that limit fitness consequences for reproduction, recruitment and survival under ALAN conditions.

**October 30, 2023** – [Light Pollution in Complex Ecological Systems](#) – Light pollution is increasing at 10% per year and adversely impacting entire ecosystems.

**September 21, 2023** – [Phenotypic signatures of urbanization? Resident, but not migratory, songbird eye size varies with urban-associated light pollution levels](#) – The eye size of urban birds is shrinking.

**September 19, 2023** – [Healing with the Night: Investigations into Experiences of Natural Darkness in Overnight Recollective Practices](#) – The healing properties of natural night.

**September 14, 2022** – [Environmental risks from artificial nighttime lighting widespread and increasing across Europe](#) – LEDs have increased light pollution and have increased the emissions of toxic blue wavelength light.

**September 9, 2022** – [The Dark Side of LEDs: Suppression of Melatonin by Blue Light](#) – An article about the studies of researcher

**June 14, 2022** – [Impacts of artificial light at night in marine ecosystems—A review](#) – Impacts of ALAN on fish.

**May 20, 2022** – [Light pollution can disorient monarch butterflies](#) – Even a single light can interfere with a butterfly's navigation system.

**March 29, 2022** – [Broad spectrum artificial light at night increases the conspicuousness of camouflaged prey](#) – LED light leads to predator advantage.

**April 27, 2022** – [Oriented Migratory Flight at Night: Consequences of nighttime light pollution for monarch butterflies](#) – ALAN interferes with monarch butterfly migration.

**January 27, 2022** – [The growing threat of light pollution to ground-based observatories](#) – Impacts of skyglow on dark skies.

**2022** – [Artificial Light at Night: State of the Science 2022](#) – IDA report. Discusses how LED light is increasing light pollution. Falsely claims that LEDs are energy efficient.

**August, 2021** – [Street lighting has detrimental impacts on local insect populations](#) – This study shows that LEDs are killing insects even faster than High Pressure Sodium.

**August, 2021** – [First Estimation of Global Trends in Nocturnal Power Emissions Reveals Acceleration of Light Pollution](#) – Light pollution continues to grow and LED blue wavelength light is making it worse.

**June 9, 2021** – [Long-term exposure to artificial light at night in the wild decreases survival and growth of a coral reef fish](#) – Our study provides the first evidence that long-term exposure to ALAN pollution, over 18–23 months, negatively impacts the survival and growth of a wild coral reef fish.

**April, 2021** – [Narrow Spectrum Artificial Light Silences Fireflies](#) – Artificial light, especially bright amber, suppresses courtship. “we should focus on minimizing the time that lights are on and how bright they are.” – [News Story](#)

**March, 2021** – [Light Pollution Drives Increased Risk of West Nile Virus](#) – Even low levels of artificial light at night increase the risk of transmission of the virus.

**March, 2021** – [Superoxide is Promoted by Sucrose and Affects Amplitude of Circadian Rhythms in the Evening](#) – Both light and sugars affect the biological clock of plants. – [News Story](#)

**March 10, 2020** – [Artificial Lighting Impacts to Salmon in WRIA 8 Briefing Memo](#) – Artificial light is impacting the survival of juvenile salmon.

**January, 2020** – [Australian Light Pollution Guidelines for Wildlife](#) This detailed document describes best lighting practices.

**2020** – [“use lamps with the lowest CCT, melanopic response, or M/P value possible to achieve the goals of the lighting project.” – Illuminating Engineering Society – On the Use of Summary Metrics of Light Spectral Characteristics to Assess Effects of Artificial Light at Night on Wildlife](#)

**2020** – [“ALAN reduces habitat suitability” – El Sevier – Effects of artificial light at night on the foraging behavior of an endangered nocturnal mammal](#)

**July 30, 2018** – [Waters under Artificial Lights: Does Light Pollution Matter for Aquatic Primary Producers?](#) – ALAN and LED light negatively impacts periphyton.

**July 30, 2018** – [Waters under Artificial Lights: Does Light Pollution Matter for Aquatic Primary Producers?](#) – ALAN negatively impacts periphyton.

**2018** – [“Anthropogenic lighting drastically alters nocturnal environments, threatening a wide range of species” – Colorado State University – Anthropogenic light disrupts natural light cycles in critical conservation areas](#)

**2018** – [“we advocate warm color temperature white light as nighttime illumination” – Health and Human Services USA – Light at night disrupts nocturnal rest and elevates glucocorticoids at cool color temperatures](#)

**2018** – [“bombarded with numerous novel stimuli in their environment that could lead to grave consequences.” – Journal of Ecology – Connecting spectral radiometry of anthropogenic light sources to the visual ecology of organisms](#)

**2018** – [“if the tendency to light more when light is cheaper can be overcome” – Luger Research – Hazard or Hope? LEDs and Wildlife](#)

**2017** – [“When the installation was illuminated, birds aggregated in high densities, decreased flight speeds, followed circular flight paths, and vocalized frequently” – Proceedings of the National Academy of Sciences – High-intensity urban light installation dramatically alters nocturnal bird migration](#)

**2013** – [“alters detection of day and night” – Exeter University – Measuring biological light pollution and uncovering its ecological effects](#)

**2013** – [“the significant impact that even low levels of nighttime light pollution can have” – Cambridge University – The ecological impacts of nighttime light pollution: a mechanistic appraisal](#)

**November, 2017** – [Artificially lit surface of Earth at night increasing in radiance and extent](#) – This study uses satellite data to show that light pollution has increased due to the use of LED lights.

**2017** – [“Managers should avoid lights that have ultraviolet or blue light \(shorter wavelengths\)” – National Park Service – Artificial Night Lighting and Protected Lands](#)

**April, 2015** – [Artificial Light at Night and the Predator-Prey Dynamics of Juvenile Atlantic Salmon](#) – Even tiny amounts of artificial light affect salmon.

**2015** – [“The most immediate threat from anthropogenic noise and light is the loss of species” – Trends in Ecology & Evolution – A framework to assess evolutionary responses to anthropogenic light and sound](#)

**May 29, 2014** – [Potential Biological and Ecological Effects of Flickering Artificial Light](#) – Explains how the visual system of different creatures have a rate at which they capture images. Electric light interferes with this system, causing perceived flicker.

**2014** – [“exacerbate existing domestic, e.g., midge swarms and industrial infestations of sanitary and phytosanitary pests” – Ecological Society of America – LED lighting increases the ecological impact of light pollution irrespective of color temperature](#)

**2012** – [“Technological innovations and changes in lighting strategies should consider benefits for reductions in greenhouse gases and energy consumption in parallel with their potential ecological impacts” – Global Change Biology – Conserving energy at a cost to biodiversity? Impacts of LED lighting on bats](#)

**2009** – [“Light pollution can have significant conservation consequences for a threatened bat species” – Current Biology – Street Lighting Disturbs Commuting Bats](#)

## APPENDIX F – FLASHING LIGHTS

**April, 2025** – [Roadside Assistance Vehicle Lighting: Review of Scientific Research and State Regulations](#) – “The most important take-away from prior research is that interventions intended to improve the long-distance visibility of special-purpose vehicles often appear to have adverse effects on the visibility of personnel near the vehicles.”

**November, 2024** – [Securing the Perception of Advanced Driving Assistance Systems Against Digital Epileptic Seizures Resulting from Emergency Vehicle Lighting](#) – LED flashing lights interfere with automated driving systems.

**October 4, 2024** – [International Guidelines for Photosensitive Epilepsy: Gap Analysis and Recommendations](#) – Limit brightness difference between flashing states to a luminance of 20 cd/m<sup>2</sup>.

**February, 2024** – [Good Practices and Current Research in Vehicle Lighting for Roadway Incidents](#) – Researcher John Bullough discusses LED flashing lights starting at 14:05 and ending at 37:50.

**October 26, 2022** – [Team-driven Improvement in the Use of Lights and Sirens](#) – Discussion of the dangers of using lights and sirens.

**April 22, 2022** – [Can behavioral interventions be too salient? Evidence from traffic safety messages.](#) – Electronic signs are distracting and lead to more crashes.

**March 29, 2022** – [Flashing Emergency Lights: Influence of Intensity, Flash Rate and Synchronization on Driver Visibility, Comfort and Confidence](#) – Flashing lights can be too bright and flash too quickly.

**February 7, 2022** – [Visually sensitive seizures: An updated review by the Epilepsy Foundation](#) – The abstract states that visually-induced seizures remain significant public health hazards so they warrant ongoing scientific and regulatory efforts and public education and that images with flashes brighter than 20 candelas/m<sup>2</sup> at 3-60 (particularly 15-20) Hz occupying at least 10 to 25% of the visual field are a risk. This confirms that LED flashing lights will trigger epileptic seizures.

**January 27, 2022** – [Video of Dodge Charger Driver Dead](#) – Police vehicles with high-intensity LED flashing lights.

**December, 2021** – [Effects of Emergency Vehicle Lighting Characteristics on Driver Perception and Behavior](#) – This study concludes that high intensity flashing lights put lives at risk.

**August, 2021** – [Risk of Fire Alarm Strobe Lights](#) – An article by a risk management expert on LED strobe lights used in buildings.

**July 1, 2021** – [Altered states phenomena induced by visual flicker light stimulation](#) – Strobing lights can induce altered consciousness.

**June 30, 2021** – [Study of Heart Rate and Blood Pressure Subject to Pulsed LED Lighting](#) – The findings indicate that pulsed light will cause a deviation of heart rate and blood pressure from that under stable light. Results showed that after a short lighting period (20 min), heart rate and blood pressure were significantly higher under 40 Hz pulsed than that under stable light.

**January 28, 2021** – [How Do Flashing Lights Trigger Epileptic Seizures?](#) – This overview article mentions that contrast is a trigger, as is flash rate.

**January 9, 2021** – [California Highway Patrol](#) – Video of CHP vehicle on roadway with high luminance LED strobe lights.

**June 11, 2019** – [Stroboscopic light effects during electronic dance music festivals and photosensitive epilepsy: a cohort study and case report](#) The connection between strobe lights and seizures.

**April 2, 2019** – [Impacts of Flashing Emergency Lights](#) This study concludes that strobing LED lights are dangerous.

**February 9, 2019** – [Massachusetts State Police](#) – Compilation video showing high luminance strobe lights on MSP vehicles.

**January 12, 2019** – [Is Use of Warning Lights and Sirens Associated With Increased Risk of Ambulance Crashes? A Contemporary Analysis Using National EMS Information System \(NEMSIS\) Data](#) – Ambulance use of lights and sirens is associated with increased risk of ambulance crashes.

**January, 2018** – [Police Warning Signals](#) – This article in Police Chief Magazine discusses the dangers of overly intense strobing lights.

**May 2, 2017** – [Flashing Lights Induce Prolonged Distortions in Visual Cortical Responses and Visual Perception](#) – A flashing light induces an anomalously delayed response in the primary visual cortex of mice, rats, and humans.

**June 5, 2016** – [Why Running Lights and Sirens is Dangerous](#) – Flashing Lights and Sirens may save a few minutes, but does not change the outcome of the event. There is no value to using them, but there is harm.

**June 1, 2016** – [National Institutes of Health – Psychological Factors in Exceptional, Extreme and Torturous Environments](#) This scientific research shows that strobing LED lights are instruments of torture.

**April 18, 2014** – [Hazardous Effects of Light Stimulation in the Central Nervous System](#) – High-temporal-frequency visual stimuli can yield hazardous responses in the central nervous system.

**October, 2010** – [Ambulance Lights](#) – Article on ambulance lights. “Fewer lights, flashing slower & less brightly are more effective.”

**2005** – [Photic- and Pattern-induced Seizures: Expert Consensus of the Epilepsy Foundation of America Working Group](#) – A pre-LED study of how flashing lights cause seizures.

**August 5, 2001** – [Rear Lighting Configurations for Winter Maintenance Vehicles](#) Strobing lights are less effective than static lights for safety.

**March 22, 1971** – [Failure of Visual Estimation of Motion Under Strobe](#) – The author shows how difficult it is to catch a bean bag tossed under strobing lights.

**December 27, 1955** – [Siren, Light Removal Makes Police Unhappy](#) – “Removal of the sirens and red lights has materially reduced accidents involving police cars rushing to other smashups or speeding to the scene of a crime.”

## APPENDIX G – CIVIL RIGHTS

### Americans with Disabilities Act

**42 U.S. Code § 12132 – Discrimination** - Subject to the provisions of this subchapter, no qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subjected to discrimination by any such entity.

**§ 35.151(b)(1) - Alterations** - Each facility or part of a facility altered by, on behalf of, or for the use of a public entity in a manner that affects or could affect the usability of the facility or part of the facility shall, to the maximum extent feasible, be altered in such manner that the altered portion of the facility is readily accessible to and usable by individuals with disabilities, if the alteration was commenced after January 26, 1992.

**28 C.F.R. 35.130(b)(7)(i) – Reasonable Modifications** - A public entity shall make reasonable modifications in policies, practices, or procedures when the modifications are necessary to avoid discrimination on the basis of disability, unless the public entity can demonstrate that making the modifications would fundamentally alter the nature of the service, program, or activity.”

**28 C.F.R. 35.130(d) – Most Integrated Setting** - A public entity shall administer services, programs, and activities in the most integrated setting appropriate to the needs of qualified individuals with disabilities.

**28 C.F.R. § 35.160 – Flashing Light Communication** - A public entity shall take appropriate steps to ensure that communications with applicants, participants, members of the public, and companions with disabilities are as effective as communications with others.

### California Disabled Persons Act

**Cal. Civ. Code § 54 – Full and Free Use** - Individuals with disabilities or medical conditions have the same right as the general public to the full and free use of the streets, highways, sidewalks, walkways, public buildings, medical facilities, including hospitals, clinics, and physicians' offices, public facilities, and other public places.

## APPENDIX H – BLUE LIGHT AWARENESS DAY PROCLAMATION

WHEREAS, Visible Light is electromagnetic radiation in the range of 380 – 780 nanometers on the electromagnetic spectrum; and

WHEREAS, Blue light is Visible Light in the range 380-500 nanometers; and

WHEREAS, The Blue Light Hazard refers to specific photochemical induced damage to the retina; and

WHEREAS, Blue light has been reported to cause visual discomfort in 65 percent of Americans; and

WHEREAS, Children are particularly vulnerable to blue light; and

WHEREAS, Individuals with disabilities may require blue light accommodation; and

WHEREAS, Blue light controls circadian rhythms; and

WHEREAS, The use of blue-rich light sources at night has been linked to multiple health disorders, including increased risk of cancer, diabetes, heart disease, mood disorders, and early mortality; and

WHEREAS, Living organisms require a natural light and dark circadian cycle; and

WHEREAS, There are many products that emit blue light such as streetlights, floodlights, digital displays, indoor lights, strip lights, façade lights, surveillance lights, and vehicle lights.

NOW, THEREFORE, I, [Name], [Position] of the [Name of Town], [State], on behalf of all citizens of the [Name of Town] recognize October 10 as

### BLUE LIGHT AWARENESS DAY

and I call this observance to the attention of all [Name of Town] officials who are encouraged to promote measures to reduce the amount of blue light at night in all public and private settings to protect the health, safety, and civil rights of all residents and guests, and to protect the health of our entire ecosystem.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Corporate Seal of the [Name of Town], [State], to be affixed hereto this [Day] day of [Month], [Year].

[Name]

[Position]

ATTEST:

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[Name], [Title]

[Position]

## APPENDIX I – LED INCIDENT REPORTS

The following incident reports involving LED lights have been submitted to the U.S. Food and Drug Administration via the Soft Lights Foundation.

### December, 2025

December 26, 2025 – Louisburg, NC – None

I literally cannot drive at night anymore. I'm on back roads in rural NC and these are running me off the road because they are so blinding. Just because car manufacturers can make them this bright, doesn't mean they should.

December 26, 2025 – Lake Placid, FL – Astigmatism

Astigmatism is only one of the issues with LED lights, but that is excruciating to be blinded by vehicle lights as well as the street lights, business lights, and home porch lights. This light is also killing the trees that are bombarded with the lights (I am a scientist...the artificial lights are damaging trees, wildlife, insects (in addition to all the other detrimental things affecting them (herbicides, pesticides, etc.)).

December 26, 2025 – Chicago, IL – Electromagnetic Sensitivity

Unfortunately I had to go out today for the holiday and coming back in the dark was I don't even know what words to use how horrendous it was with these bright f\*\*\*\*\* lights the situation has not changed and it's not ending I was in complete mental distress nobody cares enough to even cover these damn lights it's like riding through a celestial bomb where a whole bunch of them go off all at once it feels like a brick is thrown in my face over and over again this is reality now this is the nightmare we live every single day it's actually real and sick

December 25, 2025 – Oil City, PA – Migraine

A couple of year's ago, incandescent lightbulbs were banned in PA and the state sent out a box of light bulbs to every resident. I went through my house and replaced all of my lightbulbs with their LED lightbulbs. I liked them because they seemed to last longer and I felt possibly make my electric bill cheaper. But, after over a year of using them, I started noticing terrible migraine headaches, especially in the early morning hours when I was trying to do some reading. I also then started noticing a decline in my vision, which was odd because I had received a clean bill of health from my eye doctor in Colorado and a report of 20/20 vision. I found it increasingly difficult to drive at night due to the blaring headlights, and had basically stopped driving after dark altogether. But now, I was having a strange issue with my eyes. A sudden blurring sensation that would stop when I left the room of the LED or when I closed my eyes. Then, one morning, I felt my eye suddenly drifting and my vision instantly blurred. It was like my eye had just lost all muscle strength and drifted from its position! I grabbed and cupped my eye with my hand and ran to the bathroom to figure out what was going on! Once I got there, it seemed to return to normal. But, I began to wonder if it was the LED lightbulbs. I consulted a physician who was a friend about the situation. He assured me that he had not seen any research that LEDs were dangerous for eyesight. But, I didn't believe him. I instinctively took out all of the LED lightbulbs from my house. I found only one incandescent lightbulb left and put that into my lamp. I thought I'd be better off with no light at all. Then, I began weeks of self therapy staring at candles at night and giving my eyes the rest they were needing from all LED bulbs. My eyesight returned to normal. Eventually, friends and

neighbors supplied me with incandescent lightbulbs thinking that I was just their weird hippy friend that they were trying to accommodate. I haven't had any trouble with my eye sight since the switch back to incandescent. My friend, however... the doctor? Well, he since received news that he's going blind. He's had to cease his practice of medicine altogether. I told him to get rid of the LEDs but he won't listen. He, unfortunately, is one of these people that trusts everything the medical industry and government tells him and he's paying for it with his eyesight. Terrible! They should all be ashamed of themselves!

December 25, 2025 – Motueka, New Zealand – None

1. Night time Driving – These led lights from on-coming vehicles have on several occasions almost caused my husband and myself to go off the road from their blinding effect, especially when they hit our eyes when driving around a corner, we are unable to see where we are going. Led car lights a terrible, terrible thing to have on vehicles for night driving.
2. Also, we have these lights in our shop because they donot come in any other form. They drain our energy and thinking ability. They are hazardous and should be remodelled to have all the spectrums of light, not just the blue light. We deal with sick people every day. These led lights are not conducive for our health nor the health of our customers & staff member, whom is light sensitive and has had to use special red lenses over her glasses to function properly at work. I have seen an improvement her use of the red glass attachments over her glasses...Please change the law for the sake of Human and Road safety.

December 25, 2025 – Truxton, NY – Electromagnetic Sensitivity

I have gotten headaches from florescent lights since first grade 60 years ago. I was finally given the correct diagnosis for my condition this year: Post Trauma Vision Syndrome. I tested as having both brain injury and Lyme disease contributing to my condition. Most of my adult life I was able to manage my condition by controlling the lighting in my environment. I have primarily been self-employed because of my need to control the lighting in my work environment. Then, a couple years ago, the only type of light bulb I could tolerate, incandecent, became outlawed. I bought I large supply when I learned this was about to happen, but now I cannot visit the homes of most of my friends and relatives without becoming ill. I could not tolerate the lighting at the local fire hall where we held funeral dinners for each of my parents. I cannot stay in stores very long due to the lighting. Medical facility lighting makes me ill. I am now more severely disabled by my condition because the wider world does not make space for the needs of people like me any longer. When school buses or emergency vehicles with strobe lighting pass by my vehicle I have to look away to not become overwhelmed by that most obnoxious form of light, I should be paying great attention to those vehicles, but that would be dangerous for all involved. Looking away is the best I can do. If I am in a building when strobe lighting is used I will close and cover my eyes, but I can't do that when driving. I work with children with neuro-developmental injuries, This is an issue for them as well and they have to sit in classrooms whose lighting does not meet their needs, just like I had to back in elementary school.

December 24, 2025 – Rockford, IL – Astigmatism

I was making a left turn and I was blinded to the point by some new pick up truck that I couldn't see the highway divider curb thing so I hit a curb the day after I got my alignment done on my car,

Other times they are so bright and on these big trucks pointing directly into my eyes wasn't able to see the lines on the road for a split second before the truck would pass me

December 24, 2025 – St. Paul, MN – Other

I have hyper sensitivity to light due to small fiber nerve damage in my brain. This nerve damage was caused by a toxic reaction to taking a fluoroquinolone drug in response to a sinus infection 9 yrs ago. LED lights are exceptionally difficult to look at since then. I am able to use filters on my iPhone and computer devices...but I cannot filter out the LED headlight glare that is becoming more and more pronounced at night. More cars are using them, and car companies are often intensifying the brightness in newer vehicles. As a solution, I have had to significantly cut back on night time driving as a result. LED light glare has dramatically altered my life. It has limited my social life and inhibited my ability to assist elderly parents and family members during evening hours.

It's a handicap and debilitating.

December 24, 2025 – Easton, PA – Astigmatism

LED street light shines directly in my bedroom with dirty energy

December 24, 2025 – Calgary, AB – Astigmatism

sensitivities, strain, intrusive, distracting, hurtful to see, not natural

December 24, 2025 – Surrey, BC – Other

My personal experience is negative with these lights; anxiety and agitation and eye strain , particularly when I'm in a place where there are a lot of them, so shopping in big stores or malls is out of the question. Driving at night is dangerous due to the blinding effect on oncoming Led headlights, particularly those on new cars and trucks. If I do ever need to drive in the dark, I use high beams when being approached by LED headlights, necessary just to vaguely gage where I am on the road. This is very stressful but I don't know what to do about it. I've tried anti glare glasses and they're useless against these very powerful headlights. I have a LED flashlight and that's about all I can stand to have around me. Please take this issue seriously, it's impacting our brains and eyes. Many others I've spoken to are experiencing the same issue.

Unceasing blessings to you all this Christmas and in 2026, Barbara

December 24, 2025 – Decatur, GA – Electromagnetic Sensitivity

I have a difficult time sleeping from all of the LED lights. I get very agitated and irritated since they came out. I really dislike how the blue street lights make me feel.

December 24, 2025 – Toronto, ON – Other

One vital thing that is very relevant is the problem of Age related Macular Degeneration of (AMD) the eyes. The focal centre at the back of the eye, which is most closely packed with cones to maximize definition, begins to get damaged by the higher energy blue end of the spectrum. In areas around the centre are less cones (which give you colour) along with rods which are sensitive only to the light regardless of colour. So the areas (side vision) are lower resolution to start with, which is why any distraction requires your eye to swing around to get a clear picture. As the focal point begins to die away, one experiences dark floaters in the eye and later permanent black spots, ultimately you go blind. Birds and many insects have eyes that can see the blue-ultraviolet light, which eventually destroys their vision, but they have very short lives compared to us so it doesn't matter. There should be a research study started on the rate of AMD compared to the the use of LEDs in the environment of the victim. I am one of those victims.

December 24, 2025 – Orange Park, FL – Photophobia

From my very first exposure to blue led car lights – it feels like my eyes are being stabbed. Very painful. It's been years now and I am constantly trying to avert the lights in oncoming traffic @ night. I've also been parked and a car with these lights pulls up in the parking space in front of me and the stabbing feeling is immediate. I didn't realize til I heard this on a podcast that it wasn't just happening to me.

December 23, 2025 – Davis, CA – Autism

Soft Lights Foundation President Mark Baker was interviewed by Clayton Morris on the Redacted podcast. (<https://www.youtube.com/watch?v=BH9JrRSqb6Q>)

December 23, 2025 – Anytown, PA – Other

I have Seasonal Affective Disorder. They changed my light therapy to LED, it sucks and doesn't even come close to a therapeutic effect. Here in Pennsylvania we have mostly overcast skies from October to April. No fun with S.A.D. and LED lights. Change these lights please.

December 23, 2025 – Prospect, KY – Autism

I can not tolerate LED lights in my home. I am highly sensitive, neurodivergent/ASD. I will use candles before I put an LED bulb in my home. I can't believe the lengths I must go to to find incandescent bulbs for my home. Mostly I use the Amber incandescent bulbs because they were still being produced. I also use machine bulbs. I suffer LEDs in restaurants and other peoples home although I have found over the years I don't like to leave home anymore. I don't visit my family out of state unless I absolutely have to and I just leave home less and less. I never associated that with the ubiquitous LED lighting but it could be a factor. I don't feel like I live in America, home of the free, any longer when we are being ruled by a global tyrannical federation. I am glad half my life is over although I love life immensely. I can't bare what this country has become with its lean toward brutalist, institutional, communistic aesthetic. It's devastating to my soul. I am so sensitive to my surroundings and I guess I am a rare breed because I am frustratingly one of the few that speak up about it. Freedom, beauty, truth and the golden rule are the lost cornerstones of our America. The house is crumbling on YOUR WATCH. Be better. This world is nothing but your soul is eternal. Use this world to hone your soul. Start today. God bless.

December 23, 2025 – Anytown, NA – Astigmatism

these lights are blinding me, very difficult to drive down a rural road when snowing and white xmas lites lite along the property lines. blinding and distracting.

December 23, 2025 – Missoula, MT – None

The New LED Headlights are extremely blinding. It can make night travel dangerous. My shift ends at night and I drive back to my house with cars that are blinding me with their LED headlights. The street lights that are upgraded with LED are blinding. I believe it impacts my health in a negative manner.

December 21, 2025 – Woodland, CA – Autism

I was at a restaurant and encountered a half-naked man passed out in the bathroom. I notified the manager who called emergency services. Before I could leave, the police, ambulance, and fire truck arrived with sirens and dozens of strobing LED lights. The lights and the strobing were so intense that I forced myself into a corner with my eyes closed. Yet, the energy level was so high that I could feel the lights pulsing, even with my eyes closed. I was forced to either endure the LED flashing light assault, or

flee the restaurant. I chose to flee to my car, with my head down and my arms up, running through the gauntlet of strobing LED lights. I am still traumatized hours later.

December 20, 2025 – Buffalo, NY – Migraine

I have had horrible migraines growing up. I am also autistic. Bright lights have always been a major trigger for my migraines, especially paired with stress or eye strain. The ever increasing brightness of LED headlights is getting absurd. I've had to get special tinted glasses for daily use due to my increased light sensitivity that has only gotten progressively worse in the past three years.

December 18, 2025 – Chicago, IL – Migraine

Today I was driving and sometimes I'll shine a light at drivers that blind me and they do blind us but I accidentally caught a cop with my light and he pulls me over tells me take out the little piece I have in my window that blocks these lights from blinding me and I tried to explain the lights blind me they're very bright and he acted like he didn't know what I was talking about actually he had his lights on that's why I shine my light and he wanted a ticket me and he told me I shouldn't drive anymore now they telling us our own public safety supposedly he's telling us not to drive now we're wrong and that the lights are fine basically that's the message we're getting from the police and whoever else so my report is my eyes hurt right now from all the bright lights I saw including his and that if you try to conform your car to make it better for you to drive and not see these lights the police are going to take the driver side that's blinding you that's the way it is now at least in Chicago it's pretty bad here

December 16, 2025 – Elk Grove, CA – Autism

I was a passenger in a car about 50 feet behind a motorcycle cop. The cop suddenly changed lanes and turned on an intense blue LED light that filled my field of view, causing me to shriek and then I began sobbing uncontrollably.

December 14, 2025 – Pensacola, FL – Astigmatism

Every single night whenever I drive home, about 40% of cars on the road have LED lights that cause me to struggle seeing the road. I have been blinded going home at night after work over hills on scenic, it's so bad that I have spots in my eyes after they drive by. Ive had to slow down on MULTIPLE occasions because the lights are so brights I feel like I'm driving into the sun and I can barely see the road. I had to pull over one night because they were so bright they gave me a headache. These lights should be illegal and mandated because its selfish and dangerous. I'm afraid I'm going to drive into a ditch because I can't SEE. Please, we need these lights to be illegal.

December 13, 2025 – Detroit, MI – None

The headlights on these newer cars is awful. There has to be some sort of regulation on them... It's terrible

December 12, 2025 – Cheboygan, MI – Astigmatism

For the last year now I have had to quit driving while it is dark out because of being blinded by oncoming vehicles with intense LED headlights. I can no longer go to work in the morning and have to wait until it is light out and have to leave work early to avoid driving home in the dark.

I am losing significant income and I am no longer able to go to functions such as my Marine Corps League meetings, church functions, family dinners and other social functions and this is having a significant impact on my social life, I feel as if I am in prison and all alone without the ability to be around, talk, i and interact with others.

This not only impacts me but impacts the community who I help by being a member of the Marine Corps League, with programs such as Toys for Tots, Honor flights, donations to veterans and families in need of our assistance, and other community needs. It is absurd auto manufactures were allowed to implement blinding LED headlights with apparently zero oversight from NHTSA and they continue to endanger lives, take lives, cause accidents, drive up insurance costs, and a myriad of other issues with all new vehicles having these lights installed.

December 10, 2025 – San Diego, CA – None

I've been concerned about these bright LED headlights ever since they became the new standard a few years back. There have been many times where I pass a car coming from the opposite direction, and I legitimately can't see the road anymore. I just sort of keep going on my trajectory and hope I don't hit something, until the car has passed and I can see again. Sometimes I slow down to try and mitigate risk. By the way, I'm 28 years old with 20/20 vision, and this was never an issue before these LED lights became popular.

There's also, of course, the issue of cars behind you with bright headlights. Even if I set my rearview mirror to its "tinted" mode, the light coming off of my side mirrors is still so bright. It makes it almost impossible to see out of my mirrors, such that I can't see what's behind me or next to me, and it even affects my ability to see right in front of me. Not to mention, it's distracting and frustrating, which makes it harder to focus on driving safely.

Given how bright these LED lights are, it's no surprise that the high beams are even more blindingly bright. And to make matters worse, many of these new cars have high beams that automatically turn on and off. Oftentimes when I'm driving in a poorly-lit area (mountains, farmland, etc.), oncoming traffic will shine their brights right at me, making it impossible to see. Even if I flash my brights back to indicate that their brights are on, they have no way to manually turn them off. It's such a danger, and there have been multiple instances where I've gotten very scared and even started to panic because I thought I was going to crash. When you can't see, all you can really do is cross your fingers and hope you don't die.

December 9, 2025 – Chicago, IL – Other

Oh my God had to drive at night again unfortunately got blasted solar blasted several times on the way home it was a 2 mi ride physical pain in my vision they ain't doing a goddamn thing about this s\*\*\* it's going to come to up to us to do it I support fully any action done against these damn headlights

December 9, 2025 – Redmond, OR – Migraine

I'm writing this incident submission to share the debilitating effects that the blinding lights have on my life. It is impossible to drive at night or on inclement weather days due to the blinding lights. The lights not only cause more accidents due to being blinded but also trigger migraines with loss of vision and excruciating pain resulting in loss of work. These lights on 80% of the cars is a living nightmare for so many people. They need to be banned on cars!!

December 8, 2025 – Middle Village, NY – None

It is impossible to see with LED lights in rearview and opposite traffic lanes. I had a close call trying to change lanes as I could not see!

December 3, 2025 – Yolo County, CA – Autism

I was driving west on a county road when I came across road construction where the vehicles were using multiple intense amber LED flashing lights at about 1 mile away. By the time I got to about 0.5 miles away, the intensity and digital flashing were already overwhelming me and I determined that there was no way for me to get through these illegal amber LED flashing lights, so I made a U-turn and drove an alternative route which increased my drive time.

December 3, 2025 – Davis, CA – Autism

I was driving by a shopping center when I was struck in the eyes by a strobing blue LED light from an LVT mobile surveillance system. This caused me to shout out in my car because of the shock and eye pain.

December 3, 2025 – Chicago, IL – Other

My health issue would be insanity knowing I have to deal with this every single day has changed me it's causing mental health problems and nobody's doing a damn thing even the drivers they could cover these lights such a simple simple thing to do it would take less than 1 minute to cover them or shut them off and why they think they need a man of the daytime it shows beyond me the average person is really ignorant and stupid when I drive in Chicago maybe one out of 50 cars we'll have their lights off in the day that's how bad it's got and not only that they're super bright they're even brighter than they were I'm living around a bunch of idiots and ignorant people who doesn't give a damn about the other guy

December 3, 2025 – Pleasant Hill, OR – None

Too bright hurts

December 2, 2025 – Chicago, IL – Other

Physical eye pain and multiply this times every single day today I was parking and because I was sitting still two cars blasted me with unbelievable bright light brighter than the average horrible LED I think the lights are getting brighter and I rather extremely dangerous level for vision it felt so strong I had to sit down and close my eyes for at least 5 minutes and they were hurting this city is not doing a goddamn thing people are sick assholes who don't give a s\*\*\* about no one but themselves and they're too stupid to even realize or care they got people real done with their phones and then they decided to do this demonic thing which lines babies who cares and people are getting killed who cares money is more important than life and vision

## **November, 2025**

November 27, 2025 – Centerville, OH – Other

I am increasingly noticing that not only do LED/HID/XENON headlights and light bars ruin street and highway driving for everyone, they also shine into restaurant windows from parking lots and ruin dining. They also shine into house windows and blind neighborhood walkers. These overly bright lights cause stress and ruin quality of life. There seems to be no refuge anywhere.

November 25, 2025 – Stout, OH – Other

When kept indoors, reptiles require full spectrum incandescent light for their metabolism. Without it the animals get sick and die. Incandescent and halogen heat lamps are also required for keeping reptiles. Oftentimes these heat lamps are just normal everyday bulbs with enough wattage to produce the desired amount of heat. Because of their use in the pet industry, these bulbs will remain readily available to the public at major retailers and pet stores. I purchase these lightbulbs for personal use in the home and office.

LED lights make me physically ill. I can always see the flicker, and the light is refracted in so many directions that it is impossible to focus. I have 20/15 vision and especially good night vision. I avoid driving at night now if at all possible (does not work in the winter when the hours of daylight are pushed to the morning). LED headlights are blinding, especially the flashing lights of patrol cars and emergency vehicles. Use of LED lighting in vehicles is especially ludicrous because the power comes from the alternator which is running with the car no matter what, so no energy is saved.

LED lights are horrible for the environment with a huge negative impact. LED lights requiring rare earth minerals and microchips. The cost without taxpayer subsidies would be outrageous because LED lights are 25 times more expensive to produce. All the factories are overseas, so American taxpayers are paying for the foreign manufacturing of products which harm Americans. There is no shortage of tungsten, glass, or the metals used to produce incandescent bulbs. The environmental destruction, personal harm, and increased risk of injury or death associated with LED lights far outweighs any energy savings that could be claimed. The energy consumed in production of LED bulbs is many times more than the energy saved on the grid.

I used to love Christmas light displays this time of year. Now, because of the prevalence of LED lights, I cannot even look at them. It is criminal that these dangerous products are allowed on the market. The fact that government regulations promote them is an atrocity.

November 25, 2025 – Chicago, IL – Other

Well it's come to violence now. Today I got blinded and shined my light and she followed me and blocked me in my parking and sat there with BRIGHTS on ...started videorecording and I told her to STOP. She refused and I moved to another space away from her she then followed me and continued to shine a light at me with another SUV blocking me in. I called Police and they did NOTHING for this extreme harassment all on video. Security tried to help. The lights were so massively BRIGHT I still see spots right now and have pain and this was over an hour ago.

November 24, 2025, Desert Hot Springs, CA – Astigmatism

I am a 23-year-old resident of the Coachella Valley, and I would like to bring attention to a growing road-safety issue affecting drivers in my area. Over the past year, there has been a noticeable increase in vehicles equipped with extremely bright LED headlights, including trucks and off-road vehicles. These lights, combined with the fact that many local roads lack adequate street lighting, have created increasingly dangerous driving conditions.

Recently, I have experienced several incidents where the brightness of oncoming LED headlights made it difficult to determine whether drivers were using their high beams. Even while stopped at traffic lights or stop signs, the glare is intense enough to temporarily impair my vision. On one occasion, I nearly

struck a pedestrian wearing dark clothing because an oncoming vehicle's LED headlights overwhelmed my field of vision. This was especially alarming given that the Coachella Valley does not have the level of street-light coverage found in larger cities like Los Angeles or Palm Springs.

The situation has escalated to the point that I sometimes need to pull over to recover my eyesight after being exposed to the glare from vehicles behind me. These repeated exposures seem to be worsening my existing vision issues, including astigmatism, and I now struggle to see my phone unless it is extremely close to my face.

I am requesting attention and assistance regarding this matter. The combination of ultra-bright LED headlights, insufficient street lighting, and inconsistent driving practices is creating unsafe conditions for both drivers and pedestrians. Improved regulations, headlight-aim enforcement, or expanded roadway lighting may help reduce the risk of accidents and long-term eye strain for community members.

Thank you for taking the time to consider this issue. I hope steps can be taken to improve visibility and safety for everyone in our community. In further information feel free to contact me.

November 23, 2025 – Toledo, OH – Migraine

I no longer drive at night, I cannot see. I have near constant migraines IN MY OWN HOME because you made incandescent bulbs impossible to get. I cannot walk through stores or work because the lights hurt so bad.

November 23, 2025 – Chicago, IL – None

LED headlights are blinding at night. Been off road 6x and in 2 accidents .

November 22, 2025 – Lake Monroe, FL – Other

Bright LED spot lights at apartment complex are aimed at the street and my property. It is blinding to drive on the street and blinding to go through my own yard. I fell twice due to tripping because of the blinding lights ruining my night vision. The lights are even bright in daylight. The lights are still bright with a shade 5 welding lens. The light from these spotlights is harsh, and disorienting. This is dangerous for drivers and walkers and prevents me from being able to use my backyard at night. I can't leave my dog out because the extreme light causes shadows that frighten the dog and causes all night barking.

In other areas I have noticed some of these road LEDs on the road are UV or purple. It is blinding at night and terrifying to drive because you are blinded by these lights, as well as the over-bright headlights from cars and it is awful to drive at night—even if you have good night vision—because these lights are making it impossible to see. This needs to be regulated. Go back to amber street lights—or at least soft white and cut down the blue and UV. There is no reason they cannot be made in a decent color spectrum.

November 21, 2025 – Norwalk, CT – Photophobia

Photophobia

November 20, 2025 – Danville, IL – Astigmatism

These LED headlights are blinding, I already see halos from lasix and astigmatism so these headlights

make it very difficult for me to see at night. From the front and behind me reflecting in my side mirrors it is very dangerous. I have to limit my driving at night because of it. They need to be banned!!!

November 20, 2025 – Lugoff, SC – Migraine

On country roads at nights, the blinding effect of SUVs, crossovers, and trucks is exceptionally terrifying. I have to squint and try to avert my eyes to the white line right above my car's hood to be able to continue to see the road any time another driver with ultra bright LED lights comes my way. I also have to position myself extremely uncomfortably when there is a vehicle behind me with ultra bright lights just to prevent the lights from coming in through my side mirrors. When I was a new driver, this situation only happened infrequently when driving in front of an oblivious driver that left their brights on. I physically hurt from cramping up my body and squinting my eyes on my commute home from work. I get migraines. I live in the country providing healthcare to patients that live in a healthcare desert. Vehicles like fuel efficient cars will probably become less popular as more and more drivers are tired of having their eyes in pain due to ultra bright lights at night.

November 20, 2025 – Anytown, WA – Other

I received a free LED light bulb from my power company a number of years back. I installed it into a lamp to try it out. After one hour I had a headache. And I NEVER get headaches. Removed the LED light bulb, reinstalled an incandescent light bulb, end of problem. Years later and I have not yet again had one single headache due to my lights. I refuse to put LED bulbs into my house.

November 20, 2025 – Janesville, WI – Migraine

Simply driving to a friend's house in the evening caused me a migraine. This is very unsafe on the road, and it ruined my evening.

November 18, 2025 – Saint Petersburg, FL – None

While riding my motorcycle home a pickup truck entered the roadway behind me. He had a light bar that spanned the entire width of the truck on the roof, and a SECOND bar on the hood. Had all of these lights on behind me. I was blinded and literally could not see in front of me. The glare in my mirrors was so bright it interfered with my vision, which caused me to start losing balance and tipping over because I could not visually orient myself. I had to change lanes and focus my vision on the curb next to my front tire, release the throttle and slow to below 30mph and let him pass. Despite him passing, I'm seeing spots due to the brightness I experienced and had to continue another 2 blocks below 30 mph until my eyes adjusted again from the massive glare. VERY dangerous when riding on 2 wheels. (Wondering who will say it is my fault for choosing to ride on two wheels instead of four).

I understand that we are allowed to accessorize our vehicles as we want, but why is law enforcement not stopping vehicles that have such bright lights? We need laws to keep people from using these flood lights on the road, keep them for off-road all terrain use, as intended. Our APPOINTED OFFICIALS need to pass legislation that will help to keep all drivers safe.

November 18, 2025 – Belpre, OH – Photophobia

The bright white LED headlights and streetlights that are everywhere now have made night driving genuinely miserable for me. They're painfully intense; when a car approaches, the glare floods my vision, forces me to squint or look away, and leaves big streaks across my eyes that take far too long to fade. Judging distance and speed is so much harder—oncoming traffic often looks like a wall of light

instead of individual vehicles, which makes pulling out or changing lanes feel risky. One direct hit from those headlights completely trashes my night vision for minutes afterward, leaving everything else in the dark looking blacked-out by comparison. It's not just annoying anymore; it's stressful enough that I now avoid driving after sunset whenever I possibly can.

November 17, 2025 – Los Angeles, CA – Migraine

LED's are destroying my life. I'm struggling driving at night. Car's are blinding, trucks strobe, & it's making night time driving nearly impossible. People can't see half the stuff on the road & it's making life very difficult. Cheap LED lights are being advertised as "flicker-free" & they continue to flicker all across the worsening state of California. These lights are making it impossible to continue every-day tasks at night, giving my husband & I migraines, & destroying every walk of life. Having an astigmatism doesn't help in the slightest. It's making our lives, family, & friends miserable on a daily/nightly basis. I thought this was a problem on the west coast, & it seems to be affecting every walk of life in the United States. So happy you guys started this foundation to speak for those who are struggling with the extremely harmful effects of LED lighting. Just know, you are all not alone with this issue. Let's get this problem solved together!

November 17, 2025 – Austin, TX – Other

I try to avoid driving at night. Every time a newer vehicle is driving toward me I am unable to see the road in front of me, and am still somewhat impaired after they have passed. I have to literally shield my eyes with my hand and look down and follow the yellow line to stay in my lane, praying nothing happens on the road in front of me such as a stopped car, or wildlife passing in front of me ... until I can "see" again after my eyes adjust from "glare blindness".

When a vehicle, especially a pickup or commercial truck is behind me, I have to flip my rear view and readjust my side mirror so the lights are out of my eyes since it's very blinding to the darkness outside my windshield. As you might imagine, that makes it very difficult to drive safely. It's blinding and i can't see what's in the darkness next to me. This is especially problematic driving at night in the country or suburbs. There needs to be a limit on the lumens allowed for lights on cars and get rid of these blinding blue white lights!

November 17, 2025 – Rockwood, TN – Migraine

LEDs cause significant impact to my life. It is very difficult to drive at night with the LED headlights being too bright and causing dangerous situations as my eyes readjust. In addition, the large LED lights on the side of the road are a safety issue. Please consider a step forward so the nights are safe for all of us.

November 17, 2025 – Tucson, AZ – Photophobia

Way too bright LED lights in car behind me were affecting my ability to see additional vehicles in all three lanes traveling in my direction.

November 17, 2025 – Knox, ME – Electromagnetic Sensivity

The intensity of LED car headlights is so dangerous it's caused me to avoid driving at night if at all possible. And LEDs at home are equally disturbing; the flicker and depth of the blue/white light cause me to lose my balance and feel as if I'm falling forward. I've been experiencing the dizziness for several years, about the same time we were forced to convert to LEDs. Docs have said it's a thyroid condition. I work at a historic preservation site and we only use incandescents there (when we can get them) and I

find the rooms w/incandescents are MUCH more comforting and relaxing to be in. All in favor of incandescents! Thanks for the opportunity to say.

November 17, 2025 – Edgewater, FL – Migraine

My neighbor across the street used over 200 LED lights on his home to decorate for Christmas. I have photo sensitivity and get migraines from the exposure. I have spent hundreds of dollars trying to protect myself and have failed. I had to sell my home and bought a home with an empty lot across the street.

November 16, 2025 – McGregor, MN – Migraine

They are horrible and getting worse every day. I have to drive more at night now and there are too many cars with headlights not angled down or too bright of an LED light. It is to the point of constant headaches and dizziness while driving which is unsafe as I drive my children

November 16, 2025 – Peabody, MA – None

Since the bright LED have been put in cars I can no longer drive at night. I have been blinded by the light and white knuckled the steering wheel until car or cars pass. The combination of the rain and blue lights is so dangerous for my vision I won't go out. I do not have this trouble with the older yellow lights. I also have tried using LED book lights, the strobing makes it difficult to use and generally wait for the daylight.

November 16, 2025 – Las Vegas, NV – Other

Overt light pollution..effect on eyes when driving at night..blinding lights from on coming traffic..also blinding from side view mirrors..making me see spots at times after being blinded..makes for unsafe driving conditions. Highway patrol lights have the same affect..at time even worse if strobes are in action..these lights present a hazard to all driving the roads..they shall be illegal on vehicles..

November 16, 2025 – Readington, NJ – Astigmatism

They installed led lights in my favorite library. The overhead light is so bright, I can't read the spines of the books on the shelves. It hurts my eyes and gives me a migraine to even look toward the shelves. I need polarized sunglasses to enter the library!

November 16, 2025 – Anytown, AL –

Blinding LED Lights on vehicles causing severe dangerous vision issues while meeting oncoming vehicles on roadway

November 16, 2025 – Centreville, VA – Astigmatism

I only have a minor astigmatism in one eye, but the LED lights in modern cars are so bright that the glare can completely obscure both the lines on the road and potential pedestrians/obstacles. I find myself squinting and physically lifting my hand to block the worst of it, especially when a large truck is either right behind me or included amongst oncoming traffic. Driving in the DMV area is dangerous enough with the number of cars on the road. There is absolutely no need for these intense blue/white lights.

November 16, 2025 – Anonymous

Blinding light. Complete vision obstruction. Crossing a four lane interstate and stuck in the middle to cross the highway. I couldn't see a thing as a trucks lights blinded me at the stop light across the hwy!

This is a busy highway. I had to sit there blocking traffic east and west. I wasn't about to pull out onto the hwy and cause a tragic accident. As the truck inched forward I put my hand up and covered my eyes enough to get across. I was so shook up I had to pull into a business lot and calm down. LED LIGHTS ARE LIKE HAVING an LED FLASHLIGHT POINTED RIGHT IN YOUR EYES! It's also abuse to anyone with the slightest vision impairments. You can no longer drive at night and could actually run a pedestrian or bike rider over. You cannot SEE! ESPECIALLY if trucks with lift kits DO NOT ADJUST THEIR HEADLIGHTS! Yes, people are that dumb! Very dangerous! Also our neighbors lit their front yard up like a prison with LED! THEIR YARD LIGHTS LIGHT UP OUR WHOLE HOUSE INSIDE! WE HAVE TO SHUT ALL OUR BLINDS AND CAN NO LONGER ENJOY THE STARS AND MOON! I despise LED!

November 16, 2025 – Faribault, MN – Other  
Diabetic

November 16, 2025 – Wappinger Falls, NY  
Cars behind me while driving emit such high light output onto my side mirrors it is literally blinding. Unable to see oncoming traffic. Also oncoming traffic especially in rain or snow. Studies show amber light is better and doesn't reflect so much.

November 16, 2025 – Fairbanks, AK – Other  
Floaters in my left eye have appeared almost instantly after installing led desk lighting along with headaches that I never get. Please bring back incandescent lighting.  
Bring back our "Fundamentals" please.  
Thank you

November 16, 2025 – Adrian, MO – Astigmatism  
I hate these bright LED blue headlamps and street lights they are extremely blinding and distracting and create hazards when driving. I drive at night for my work and this puts a big strain on my eyes. Many times I have to stop and let oncoming traffic pass by on 2 lane blacktops because I can't see. Also it causes me stress when cars approach me from behind with these car lights and I often have to speed up to get some distance between my car and the vehicle behind me just so I can see and get away from the lights reflecting in my mirrors. This could put me at risk for an accident because often deer and other animals cross the road at night. I hope the industry examines the hazards associated with these type of lights and puts consumer safety first.

November 16, 2025 – Walnut Creek, CA – Other  
I've noticed two things. 1- I can feel a negative effect on my skin. Feels very hot almost like I'm under a food warmer at a restaurant. Two- I listen to am radio at work daily. When I turn on the led lights in a house the radio goes static. I believe these led lights cast a frequency that interferes with the am signal. Since the human body is made of frequency and chemistry there must be an effect there!

November 16, 2025 – Scappoose, OR  
The new LED lights on cars are horrendous, way too bright, which impacts visibility and driver safety. Makes it way harder to drive at night. I have been forced to wear slightly tinted sunglasses at night when I'm driving. Also, I work at a hospital and they decided to put bright white LED lights in the laboratory I work at. They are 3 to 4 times brighter than the old lights. I know this because I brought any Lux meter and tested them. I made complaints to management and they did nothing. Since the hospital has

installed these new LED lights I have had to have special prescription glasses made with slightly tinted lenses so that I can make it through the work day. These lights cause me fatigue ,irritability, severe eye fatigue, nauseous, headaches, anxiety. I come into work feeling great and by the time I leave I feel extremely tired and fatigued. It's getting to the point where I'm starting to think about a new career. Please do something about these horrendous lights , they are not good for us!

November 16, 2025 – Westminster, CA – Astigmatism

Every time I drive at night, I have to either hold my hand OR a piece of cardboard in front of me to avoid my eyes from being accosted. When my eyes are exposed to this overly BRIGHT light, they cannot adjust fast enough to the night. Is this safe?

PLEASE rethink these hazardous lights for driving.

Example: when you have your eyes dialated...do you go right out into the sunlight? NO of course not.. you wear protection, sunglasses!

So now you are requiring us to wear sunglasses at night!!!

Because of these hazardous lights, our freeways are having to raise the height of the center dividers. The COSTS of this could have been better spent on pavement refurbishment

November 16, 2025 – Clearwater, FL – Other

There were lights installed on the causeway between Largo , Florida and the Belleair Beach area. These new lights had a purplish color and I looked that the lights a strong nausea turned on. This nausea would stop if I looked away. These lights were eventually changed back to the normal color and no nausea occurred when now looking at the lights.

November 16, 2025 – Chico, CA – Migraine

Eyes are burning. Eyesight is deminished and compromised. Blurred vision. And migraine headaches. Headlights are blinding, and cause burning in eyes. Cause migraine headaches, and insomnia, lack of focus and confusion. Thank you!

November 15, 2025 – Burbank, CA – Electromagnetic Sensitivity

Frequently when driving on long trips at night I encounter drivers with extra bright lights. If they are close enough to me I and up getting blinded and I find it impossible to safely change lanes to get free of it. Most recently this happened on a return trip from seeing my mother.vvits a long trip, but it's important that I visit her as my father has passed on and she needs more contact with family to stay healthy.

November 15, 2025 – Sacramento, CA – Other

Purchased home 1984 and for over 30 years street light shared with next door neighbor providing wonderfully bright, safe, non-intrusive lighting. Then we received notice in the mail around 2015 that new LED lights would be installed on poll replacing old (working just fine!) incandescent bulbs. The project throughout our suburb and beyond took 5 months to reach our street with 3 such light polls covering 18 houses. Every resident shocked how much less coverage and less bright the LED lights were. Less than 50% as bright as before. Effectively they are useless as far as night time safety purpose and if polls were completely removed no one would hardly notice. Another failure by government do-gooders who ruin as much as they improve things.

November 13, 2025 – Jackson, CA – None

It's made driving home in winter nerve-racking and dangerous. It's dark and rainy and the opposing traffic has leds and the traffic behind me have leds. I can't see. I just can't. Today I totally lost the lines and 100% could not see them. I'm scared. I can't keep driving out here like this. I'm gonna get killed by these headlights.

November 11, 2025 – Davis, CA – Autism

I was driving and came to a stop at a traffic signal, about three vehicles behind a fire truck. Suddenly, the fire truck turned on several extremely intense red LED flashing lights. The sudden shock caused me to scream in agony, and then a few seconds later I began crying uncontrollably.

November 11, 2025 – San Francisco, CA – Migraine

Driving ~45 minutes at night in the city gives me blurred vision and headaches for the next several days due to the intense lights, especially the LED headlights shining into my eyes. It also feels very dangerous as the hills in San Francisco often cause car headlights to shine directly in your face. Walking in the city at night similarly bothers my eyes because of the intensely bright street lamps.

November 9, 2025 – Cincinnati, OH – Electromagnetic Sensitivity

I was driving home Friday night at about 7pm and it was dark and I was coming around a curve that also was coming downhill and was blinded by LED headlights and almost went off the road and down the ravine because of being blinded by the LED headlights shining directly into my eyes. Most of the time I try to look away which isn't safe when driving because they are blinding and completely disorienting and give me a headache, but when driving on curvy or hilly roads you don't have the option to just look away for a moment. These LED headlights must be banned in the name of safety on the roads or you are going to cause many serious and fatal car accidents. Also, I was at my moms visiting for a couple weeks recently and was dealing with brain fog, fatigue, sleep issues, and severe anxiety. I couldn't understand why as I travel to my mom's house in the country to escape all the cell towers and Smart meters in the city. Then I discovered that she had LED light bulbs in her lamps that I was reading next to all the time. These lightbulbs emit RF radiation and damage the eyes and brain and irritate the nervous system with their constant flickering. You must bring back the old incandescent bulbs and make them affordable for everyone not just the wealthy.

November 6, 2025 – Vista, CA – Migraine

These bright LED headlights are out of control!!! I fear for my life when I'm blinded and can no longer see the road. I have to drive with sunglasses to reduce the strain on my eyes but this makes seeing pedestrian's and cyclists hard to see but the bright LED lights also make pedestrian's and cyclists difficult to see when I'm blinded by oncoming traffic so there's no winning in this situation. "Yellow night glasses" do nothing so I'm stuck with sunglasses and interior lights on in the car at night. I have accidentally gone over a median onto the other side of the road because I was completely blinded by the brightness of a supernova. I come home with migraines most nights. Ban bright LED headlights NOW!!

November 4, 2025 – Lancaster, ON, Canada – Electromagnetic Sensitivity

I can hear the radiation. I know immediately when Laser Emitting Diodes are on. They screech at temperatures upwards of 5000. The tinnitus is my ears hearing the diodes. Blue spectrum, being THz radiation can cook skin, see through material, and when it goes through my walls or comes through the

windows, those optical lasers that are being fired 20,000,000 times per second, burn my skin, bruising pain on my legs, the feeling of a tumor growing in my head(at different areas depending where it's coming from), instant what I would call temporary arthritis in my knuckles and hips, shoulders, and ankles, bone on bone pain in my knees, vertigo if standing, pain like needles in the eyes, burning of the eyes. I find my gums start to get super inflamed and the roots of my teeth are being cooked as well as my cheek bones. I lost one vehicle because the highway salt trucks had its entire back wall lit up with yellow LED completely blinding me. I don't drive anymore. Nevermind the fact that the American Medical Association put out an industry wide warning in 2016 that LED cause glioma, leukemia, pancreatic cancer, testicular and ovarian cancer, cancer of the eyes, and the list goes on. Nevermind that a prominent medical association in France concurred with their findings. And, of course nevermind the fact that a prominent Spanish medical association came to the same findings. .Radiation amplifies radiation. Add in RFR, infrared, altimeters, smart meters, NAV systems, towers. modems and baby monitors and you've got one hell of an electromagnetic invisible flux chaotic super smoggy storm. And people wonder why I am an insomniac!

### **October, 2025**

October 15, 2025 – Barron, WI – Photophobia

Blinding, pain. A police officer pulled me over, and was highly concerned that I could cause an accident by flashing my brights at him. He did not give me a ticket. If he is so concerned about this issue, they should change out their lights to the old halogen lights. He said that it's the new LED lights fault and there's nothing he can do about it. This is freaking America. Can we not do something to help people be able to drive at night without being blinded?

October 14, 2025 – Woodland, CA – Autism

On October 14, 2025, at approximately 11am, I was traveling east on Gibson Road near Hwy 113. About 1/4 mile ahead of me, I saw extremely intense flashing yellow lights. The sky was overcast, creating a stark contrast between the ambient light and the LED flashing lights. As I approached, I saw that the flashing lights were from a Woodland police vehicle, and that there were blue, red, and yellow flashing lights. The vehicle was in the right lane. To be able to navigate past the flashing lights, I closed my left eye, pulled down my visor, and raised my right arm. I slowed to approximately 10 mph and attempted to look straight ahead. However, when I was just a few feet from the police vehicle, I was struck by the intense flashing light from the side of the vehicle and felt a sharp pain in my eye, like a needle stabbing me. I yelled out in agony. I was able to proceed forward, but was left with lingering psychological trauma and I felt that I was in shock.

October 14, 2025 – Warren, NJ – Astigmatism

LED headlights in the cars driving in the opposite direction caused me to end up in an accident that totaled my vehicle. I was driving home from work after sunset on a road that has very few streetlights. So after passing another vehicle, it feels like (despite my own vehicle having partially-LED headlights) going back to nearly pitch black while my eyes adjust. Because of this 5 seconds of adjustment my eyes take to be able to see ANYTHING on the roads, I did not see a deer running across the road until it was too late to avoid it.

I have both astigmatism and light eyes so my vision is very easily effected by overly bright lights and how long it takes for my eyes to refocus after being blinded by lights. I am lucky that it was a deer that ran

out and not a human because otherwise, I fear I would be in prison right now because of these headlights causing my accident. How many people currently are in prison for that, I wonder? How many children and adults will have to die or experience life-altering injuries for legislation to be put in place to protect them and all drivers?

October 12, 2025 – San Antonio, TX – Astigmatism

I have both astigmatism and autism. I drove to work the other day while it was still dark out, around 6:30am. I have a 1999 car, my high beams are nowhere even near these new cars' low beams!!! The amount of times I was blinded was insane. I was extremely anxious and was going a lot under the speed limit because I literally couldn't see and there was nowhere to pull over. I'm pregnant with my first child. It's extremely unsafe to have such blinding headlights on the road.

October 10, 2025 – Pflugerville, TX – None

Over the last few years especially, super bright white LED headlights blind me every single night when I drive. I drive a lower car (Honda Civic), and when any newer car (especially Teslas, trucks, SUVs) is behind me, I need to not only turn my rearview mirror reflector on (fine, I guess...), but also need to cover my left eye due to the headlight reflecting in my left side mirror. It's not only really frustrating, but really dangerous. It feels like all new cars always have their brights on (not sure if they are actually brights or just normal headlights).

It would probably at least help if they were a warmer color, as the pure white light is much more blinding. But the brightness seems too strong as well.

October 7, 2025 – Kihei, HI – Migraine

These new LED lights have impacted my life in that I had to stop driving in the dark completely! Not just that suddenly being blinded by these lights can cause an accident, they also trigger migraine headaches for me.

October 3, 2025 – Los Angeles, CA – Electromagnetic Sensitivity

very bright LED lights in Costco in Inglewood. after half hour in the store causing headaches, dizziness.

October 2, 2025 – Mobile, AL – Astigmatism

These bright lights are so dangerous. While driving when dark out I am blinded for several seconds when these cars pass me or are in my rear view or while at stop light across the way from me. Then for several minutes my eyes struggle to adjust back to normal. These lights are seen on more and more cars making the issue even more dangerous. When being hit with this intensely bright beams I fear every time that I will drift into that car or off the road because every thing becomes white until the car or cars pass. These dangerous lights need to be banned for the safety of drivers.

October 1, 2025 – Huntsville, AL – Other

Caused Stanley to have a car wreck coming down Monte Santo mountain in rush hour traffic, eye sight issues due to age however inside a curve these headlights cause complete loss of vision rendering the drivers in incoming traffic to be 100% blinded. It's unnecessary for drivers to be using extremely bright headlights which is stronger than high beams. Car flipped almost killing Stanley

**September, 2025****September 30, 2025 – Tipton, IA – Electromagnetic Sensitivity**

I am highly sensitive to the visible light radiation emitted by Light Emitting Diode (“LED”) products and have suffered adverse reactions when exposed to many types of LED products. My adverse reactions include pain and tightness in my suboccipital muscles and neck, vertigo, dizziness, and migraines. This impacts my life negatively in limiting my mobility, and my work and home life significantly. Many regular activities are negatively impacted and are limited for weeks or months after significant exposure, or I can no longer participate in these activities depending on the severity of the exposure.

**September 25, 2025 – Wasilla, AK – Photophobia**

I was sitting in my friend’s living room. A van pulled in the driveway. I was wearing my blue light blocking glasses, but I accidentally looked at the van when it pulled in. I accidentally looked directly at the light. I immediately got severe eye pain and a headache that lasted for several hours. My vision faded, as it does immediately with “white” or blue LED exposure. My doctors say I need to avoid lights that hurt me because it is causing my remaining vision to fade. “White” and blue LED lighting in public means I do not have access to public places, and the accidental exposures that come to me are causing me to become more blind.

**September 24, 2025 – South Lake Tahoe, CA – Autism**

I attempted to walk down the third floor hallway to my room at the Hampton Inn in South Lake Tahoe. The hallway was filled with 3000K high-luminance LED lights that were unshielded. I felt like I was walking through a radiation bath. I covered my eyes, but by the time I reached my room, I was nauseous and entering into a panic attack. I was unable to stay at the hotel.

**September 23, 2025 – Lake Ariel, PA – Astigmatism**

I am a commercial trucker and these headlights -especially the giant, ornamental displays that people with phallic sorts of size insecurity issues attach to their lifted pickup trucks- are a regular hazard every single time I drive after dark. Seeing road signs, approaching road hazards, stopped traffic, and pedestrians is impossible to many tens of thousands of truckers a few dozen times per shift, especially a shift when it rains.

It does not take a genius (not that this one particular iteration of our federal government is blessed with many of those) to figure out that dozens of accidents a night are caused by this issue, one whose contributions to accidents are routinely ignored by the responding officers. Hundreds of lives per year are undoubtedly lost or irreparably altered when an 80,000 pound truck’s driver is rendered blind by people who need attention and by an auto industry whose commitment to safety is somewhat further down the list from “profit” on their list of priorities.

Everyone on every roadway is at risk of being killed by a truck because of these lights.

**September 23, 2025 – Chicago, IL – Other**

Pain in my eye from all day and part of the night getting hit physically by white light like flares or welders my eyes actually hurt today that’s how bad it was and I almost hit a couple with a baby walking across the street from all this stress of driving distraction not only does it kill our vision it just it’s a distraction

it's a danger and it's a crime and no agency is stopping a regulating this things will escalate and it's gotten much worse in Chicago it's absolutely horrible how people act here they don't even care about what they're doing they see it too and they just don't care people are not human anymore

September 20, 2025 – San Francisco, CA – Electromagnetic Sensitivity

I stayed in a rural area with few LED's to recover my health from radiation sickness due to high density LED's in my city, San Francisco. Before I left SF, I could barely walk as I had little energy and my muscles were very weak. I had to drag my body to walk to the store. I've lived here for about 30 years. I walked briskly to the store all the years, until recently. I could tell they turned up the power on the 5G LED grid because my symptoms became far worse and my download speeds became much faster. I had a hard time staying awake. If I drove ten minutes to the beach, I was zapped so much by the LED lights on the way, that I could only sit and sleep when I arrived. It was very tiring just to walk across the street to use the restroom. My body would be severely bloated, and I'd have a migraine.

I feel more energetic now, after a two week rest in the countryside.

September 18, 2025 – Woodland, CA – Autism

As I drove through town, I heard emergency vehicle sirens, and then I saw two fire trucks turn towards me with dozens of intense red LED flashing lights that overwhelmed my senses and caused me to stop my car in the middle of the road, close my eyes as tight as possible, and put my fingers in my ears. My heart rate increased dramatically and I went into a panic. I attempted to squint open my eyes, but it was impossible and terrifying. I waited for the sirens to fade and when I opened my eyes, I saw that traffic was backing up behind me. I pulled into a parking lot. Afterwards, I was like a zombie and it took me hours to recover from the trauma.

September 17, 2025 – Poway, CA – None

The headlights of other cars are so bright I cannot see the road properly. In addition, the automatic switching to high beams is blinding and very dangerous. Who signed off on these lights without first assessing whether they decreased traffic safety.

September 15, 2025 – North Canton, OH – Migraine

I have both migraines and astigmatism. The lights caused me to temporary legal blind while driving, which is unsafe. Also makes it difficult to find where I need to turn

September 15, 2025 – Sacramento, CA – Autism

I was traveling North on I-15 between Sacramento and Woodland, when the traffic slowed due to a crash. As we approached the crash driving slowly, a CHP motorcycle suddenly came into view that was using auxiliary blue LED flashing lights. The sudden impact of the extreme-luminance light knocked me backwards into my seat. I grunted in agony, and closed my eyes. After several seconds, I squinted my eyes open again and kept my left eye closed to enable me to drive past the motorcycle.

September 14, 2025 – Copake, NY – None

Within the last couple of weeks I went from driving a small SUV to a low, flat wagon- both of these cars are from the mid 90's. I live in a rural area where people have more dollars than sense, coming from both sides of the political divide. The villages and hamlets where we live are 20 to 30 minutes away from

each other. Taking a route last night I've driven many times, I was tailgated by pick-up trucks, three in a row, all using bright-hot white LED's. Since my new car is lower, I am noticing the problem more than before. I really, really could not see. The closer the tailgaters got to me, the more I had to slow down. For quite a distance there was nowhere to pull over. Finally, I let one of the trucks go around me. By the time I got home from what had been a pleasant evening, I was extremely stressed-out.

LED's, in combination with grotesquely large vehicles, are contributing to an air of aggression and hostility, all hidden behind anonymity. With such enormous beasts at their disposal, people are given more power than they should have. Just because they have money, it doesn't mean they should have the opportunity to dominate and ruin other peoples' lives. We all share the planet together. There should be room for people who want to drive smaller, more sensible and economical cars. The auto industry is a shadow of its former self, existing only to serve its greedy ends. The idea that LED's are here to save us from climate change is big, fat joke.

In a couple of weeks I'm supposed to start a job, two evenings a week, a half hour away. With shorter days coming, I am worried about the drive home. I already work one evening a week at another job, also a half hour away. None of my friends who are older drive at night any more. With each year I see the problem worsening. Automobile manufacturers must be held accountable for the enormous problem they have created. It's dehumanizing and it's disgusting.

September 13, 2025 – Parrish, FL – Astigmatism

I recently began a position where I commute home around midnight after working my shift at the hospital. I have had multiple incidents where cars surrounding me on the roadway either approach me from the opposite direction or pull up behind me with extremely bright LED headlights. These headlights are significantly brighter even than roadway lamps or any other cars' headlights. I find that my eyes are blinded to the point where I struggle to see safely see other vehicles on the road and certainly to see the vehicle itself and perceive its depth or distance from me. I wear corrective lenses and have perfect vision while wearing them, but feel these headlights pose a grave danger to other drivers on the road.

I also have noticed an increased number of roadway lamps that are purple or deep blue in color which are clearly LED lamps. They do not illuminate the roadway but in fact make the surrounding areas seem even darker. It is difficult to distinguish other vehicles and certainly pedestrians when these roadway lamps are used. It is drastically easier to see under truly bright lamps.

I worry that prioritizing cost-effectiveness of LED lamp bulbs versus roadway safety is ultimately a potentially deadly and terribly unwise decision.

September 12, 2025 – Washington, DC – Migraine

I have had issues with LED headlights for years – they're often so blinding that I can't see well when I drive on dark roads at night, and they leave afterimages for sometimes minutes after exposure, but today I had a specific incident that triggered a migraine, something that has never happened before.

I was in the grocery store's parking garage this morning, and an SUV across from me was backed into a spot with their headlights facing outwards, directly at my car. For some reason, they had both their LED headlights and their brights on, and they sat there without leaving for several minutes. I waited a bit and

finally had to back out of my parking space into the direct light, and I unfortunately have an older car without a backup camera – so I had to look.

Not only did I have to pull over after leaving the parking garage to be able to see again and let the afterimages fade, but I also began to get a migraine about 10 minutes later that has lasted most of the day, making me unable to work. Drivers are by nature going to do irrational and strange things – but LED headlights are a serious health and safety hazard that needs to be addressed, either on the state or federal level.

September 9, 2025 – Woodland, CA – Autism

I went to the health clinic to have my eyes checked. The clinician had me put my chin on a chinrest in a device that they called an optomap. They then moved the machine around until a blue LED light entered my eye. I closed my eyes because it was too bright. The clinician told me that I had to open my eye. When I opened my eye, the blue LED light was aimed directly into my right eye from a few inches away. The intensity of the blue LED light caused me to leap out of my chair, yell profanity, wander down the hallway, fall to the floor and start crying.

The health clinic then told me that the eye doctor refused to see me and they sent up a security guard and I was kicked out of the clinic.

September 5, 2025 – Sausalito, CA – Other

Our city replaced the warm lights of our street poles with LED. They stream into our homes and surrounding environment. I am working hard to try to get them to rectify this, so the light is no longer blinding me when I look out of my window (which is unavoidable considering how small my home is). I have PTSD and photophobia at times (sensitive to light). This gives me anxiety at night and mild headache.

September 4, 2025 – Chicago, IL – Other

OMG tonight while riding my bike down non busy side street 2 cars with BLINDING LIGHTS ALMOST HIT ME!!!! GOD DAMMIT DO SOMETHNG NOW DO I HAVE TO DIE LIKE OTHERS???

September 3, 2025 – Smyrna, GA – Astigmatism

I was on a two lane road in the middle of the night, and it was foggy. I'm not sure if their high beams were on or if it was their regular lights (which is another issue. Your regular lights shouldn't be so bright that I think it could be high beams) but the headlights mixed with the haze of the fog made it so bright that I basically had to come to a stop before I could proceed. I couldn't see the road! It was honestly dangerous because if someone was behind me I could have been hit since they wouldn't have been expecting me to stop like that, OR they might have been blinded by the lights too and not realized I was stopping.

## **August, 2025**

August 30, 2025 – Portland, OR – Migraine

I am regularly blinded by LED headlights. This is problematic in the wintertime when the sun sets at 4:30pm and it rains nonstop.

A new issue has arisen, however. As LED headlights go out they develop a strobing effect similar to fluorescent bulbs as they die. This leads to vehicles on the road with high intensity strobe lights. I suffer photosensitive migraines with an aura that interrupts my vision, rendering me near blind. I've never been triggered by halogen bulbs, but the prevalence of LED headlights on the road has made driving dangerous to myself and others. I, like many Americans, am not so privileged that I can give up driving. My livelihood depends on reliable transportation.

As LED research brings in new data, such as macular eye injuries from short term exposure, as well as the higher sensitivity the human eye has to blue light wavelengths, it is abundantly clear the FDA needs to reevaluate the safety of LED headlights. It is negligence on their part. We are 15 years behind the rest of the world in mitigating the dangers overly bright headlights pose.

That LED headlights strobe as they die, a problem not seen with halogen bulbs, is a clear and direct violation of the ADA, and if changes aren't made soon, A class action lawsuit is inevitable.

<https://media.rac.co.uk/blinded-by-the-lights-nearly-one-in-four-drivers-think-most-car-headlights-are-too-bright-3166996>

August 24, 2025 – Edgewater, FL – Photophobia

I bought a home in a beautiful retirement community where we all have a lamp post in the small front yard we have. My neighbors have recently changed out their lamp post to LED lights with clear glass. Our lamp posts are at eye level. I have Photo sensitivity where just a glance at an LED light burns my retinas, then causes migraine headaches for days. I thought I could live in this community for the rest of my retired life but now at age 70 I have to move somewhere safe. I am so sad, please bring back incandescent lights so I can live out my life without this agony. Thank you

August 23, 2025 – Hurley, WI – None

While looking left waiting for an extended period for traffic to pass before making a right turn on to a US highway on a darker cloudy afternoon, one semi with multiple, glaring LED headlights and one or two trucks passed by. Once I pulled on to the highway, I noticed that my vision seemed distorted a bit, and it lasted during the couple mile drive to work. Once I got back into the office, I noticed visual disturbances in both eyes, kind of a pulsating disturbance on the periphery of my eyesight and a blank spot head on. After about 1/2 hour of anxiety and closing my eyes, the disturbances dissipated, and I came to the realization that I was even though I was not looking directly into the bright LEDs, that the intense light likely got into my eye causing disturbances in both eyes.

August 18, 2025 – Chicago, IL – Other

PAIN IN EYES FROM SEVERAL EXTREME LED'S AT MY VISION. MULTIPLY MY DATE TIMES EVERY DAM DAY!!!! MY VISION IS WORSE!!!!

August 14, 2025 – Vista, CA – None

Within this month, there has been numerous incidents with those damn led headlights. They shine from either behind or taking them head on. Taking the LED headlights head on, made me pull over multiple times due to the fact that they're bright and blinding. I had to turn on the emergency lights one time when I was getting flashed both ways, one from my mirror and the other was from a truck. I thought I

was meeting my maker due to the combination of how bright it was. These damn LEDs is just an accident waiting to happen, without studies, and proper research I want proof that LEDs don't harm the eyes physically or cause temporary blindness when driving.

August 7, 2025 – Oakland City, IN – None

I was driving home and nearly missed a stop sign because I was unable to see it due to a police officer's headlights.

August 6, 2025 – Cambridge, NY – Epilepsy

On Thursday, July 24 at about 11 am I was sitting on the front porch with my wife when a white Department of Public Works pick up truck drove by with its strobe lights flashing. This caused my wife instantly to have a seizure and during the seizure she fell to the floor hurting her arm, her hip and her knee. Fortunately the glass she was holding did not break when she dropped it. The DPW truck was travelling north. It did not seem to be related to any work going on on the street. I tried to make my wife comfortable on the porch and then when she regained consciousness I helped her into the front hall where she was at least safe from more strobing lights. It was several hours before she had recovered enough to speak, stand, or walk, and she was incapacitated with headaches and nausea for the rest of the day. We have spoken to the DPW, the Police Department, and the Village Board about this previously.

## **July, 2025**

July 31, 2025 – Chicago, IL – Migraine

My place of employment has installed bright LEDs directly above and across from the service desk where I work, and I have had to call out sick due to migraines caused by them.

July 29, 2025 – Chicago, IL – Astigmatism

BLINDED DAILY WITH SPOTS AFTERWARDS EVEN IN THE DAY!!!!!!!!!!!!!!

July 24, 2025 – San Francisco, CA – Electromagnetic Sensitivity

I have nonionizing radiation sickness. I get migraines, sharp pains in my heart, heart and brain inflammation, it feels like a tight belt is strapped around my chest sometimes, I get full body inflammation, bloating, weakness, chronic fatigue, shortness of breath, muscle weakness, a feeling of hopelessness and desperation to escape this toxic environment, eye pain, floaters in my eyes, 'starburst' patterns of white light bursts when I close my eyes sometimes, hot and cold flashes, a sensation of being roasted in buildings with bright LED's, extreme thirst and need to urinate frequently in the presence of intense LED's.

July 18, 2025 – Houston, TX – None

I was at a stoplight and a new truck pulled up and stopped behind me. The headlights were so bright in my mirrors that I had difficulty seeing ahead of me. I adjust the mirror inside for nighttime, but it wasn't enough the side mirrors, especially the driver's side was focusing the light into my eyes even while I wasn't using them. I adjusted them so that they were useless and I actually had to pull off the road and wait until I could see again.

July 17, 2025 – Jacksonville, OR – Other

Driving home from the grocery store was blinded by LED lights from a passing truck. Roadway was two lanes, one in either direction... How anyone can conclude that intensely bright LED headlights are not problematic when they are temporarily blinding drivers, making driver avert their field of view, etc., is beyond me. What is wrong with this picture???

July 16, 2025 – Yuba City, CA – Other

My wife and I are in our 60s and the glare from LED headlights makes driving at night dangerous. Even looking at the fog line on the road isn't enough to mitigate the blinding glare on our rural two-lane roads. Pickup trucks, SUVs and Teslas seem to be the worst offenders. We do not have this problem with approaching vehicles using standard halogen headlights.

July 15, 2025 – Sacramento, CA – Other

This July, 2023 study describes how an LED light can cause macular injury.

(<https://pmc.ncbi.nlm.nih.gov/articles/PMC10404656/>). This report is contrary to the FDA's position that LEDs are benign and don't need regulation.

July 10, 2025 – Vacaville, CA – Autism

I was at a restaurant when a woman at the next table turned on a device that was about the size of a cell phone, but had a ring of intense, blue-rich LED lights, acting something like a flashlight. I was struck directly by the LED lights, and a few seconds later began going into a panic and meltdown. I got up from the table and began breathing hard and made my way outside, and then collapsed to my knees and began crying.

July 8, 2025 – Malden, MA – None

For years I thought all these people were driving around with high beams on!! I often find myself having a difficult time seeing after someone pulls in behind me with these LED lights. I'm thankful that I'm able to focus on the road but I now know others have not been so lucky. I don't even think most people are aware of their bright head lights if they have them and when you're at the auto parts store you could easily buy a set of head lights that are WAY brighter than you'll ever need. Softer lights will definitely save lives and change them. I don't know how these bright lights are effecting wild life but if we're suffering, they probably are too.

July 6, 2025 – Oviedo, FL – Epilepsy

I have to constantly close my eyes where there might be flashing lights or cause me to avoid certain places which puts me in a down mood because I feel like I can't even leave my house due to fear of having a seizure. It can be depressing since your social life is limited. I remember in the past being in a club and I had a seizure because they turn on their strobe lights. I wish they would just be banned completely since they are not good for the eyes and cause so much harm.

## **June, 2025**

June 30, 2025 – Santa Barbara, CA – Other

Incident report on Media due to lights causing death in Santa Barbara

CA.....<https://www.noozhawk.com/pedestrian-dies-after-being-struck-by-vehicle-on-calle-real-in->

[goleta/?utm\\_medium=email&utm\\_campaign=00a03ef2ba-EMAIL\\_CAMPAIGN\\_2025\\_06\\_23\\_07\\_50&utm\\_source=Noozhawk&utm\\_term=0-00a03ef2ba-247218029](https://goleta/?utm_medium=email&utm_campaign=00a03ef2ba-EMAIL_CAMPAIGN_2025_06_23_07_50&utm_source=Noozhawk&utm_term=0-00a03ef2ba-247218029)

June 28, 2025 – Chicago, IL – Other  
Worsened vision and spots after affect

June 23, 2025 – Superior, CO – Migraine

I am prone to Migraines and have astigmatism. I moved about an hour away from my family for a job but still go visit for holidays, birthdays, or dinners. Driving home has become unbearable and puts me at risk of a migraine. My family has taken to planning things earlier in the day so I can drive home when it is still daylight out. Even then I will encounter cars whose LED lights are so bright they are blinding IN THE DAYLIGHT. How has this come to be?!?! PLEASE HELP!!

June 23, 2025 – Las Vegas, NV – Astigmatism

I am signing this petition because I believe modern LED headlights pose a serious danger to drivers at night. As someone who is required to drive after dark, I am regularly and severely affected by the intense brightness of these lights. I do not need to look directly at them to be blinded; simply being in their presence, whether from oncoming traffic or vehicles behind me, causes extreme visual discomfort and temporary vision impairment.

Just the other night, June 21, 2025, while yielding for a left turn, an oncoming vehicle's LED headlights were so overwhelmingly bright that I could not safely determine if another car was approaching and had to wait until the other car moved so I can "see". After making the turn, I continued seeing "afterimages", bluish spots that appear after staring at an intense light source, for three blocks. This is the same kind of retinal stress we were warned about as children when told not to stare at the sun or a light bulb to avoid permanent eye damage.

This is not an isolated event. Nearly every time I drive at night, I experience this blinding effect to the point where I feel it is unsafe to remain on the road. I have had to pull over or deflect light back at vehicles simply to maintain visibility at stoplights. Before 2012 here in Las Vegas, vehicles with such dangerous lights would be ticketed for failing safety standards and causing visual impairment to others on the road.

If drivers are legally prohibited from using high beams unless absolutely necessary, why are these ultra-bright LEDs permitted at all times? It feels like a double standard that prioritizes aesthetic or marketing trends over road safety.

I firmly believe that these headlights have contributed to the rapid decline of my vision. My astigmatism has worsened dramatically since I was forced to regularly drive under these conditions. The constant retinal stress and lingering afterimages cannot be harmless and may be causing long-term damage to countless drivers like myself.

I truly believe automakers and regulatory bodies should be held accountable for allowing such dangerous technology on public roads. At minimum, I would support serious restrictions and at

maximum, I would support legal action against manufacturers for compromising public safety and health.

June 18, 2025 – Chicago, IL – None

I really hope something gets done about the extreme bright headlights, I get totally blinded when I encounter one head on, just last night I was trying to turn left at an intersection and had to stay put til the car facing me was stopped also turning the other way , cars beeped their horns but I could not see a thing til the car turned. It a horrible feeling and only happens with very bright lights.

June 13, 2025 – Bonney Lake, WA – None

Every single day I am blinded by white LED headlights. The worst ones will leave a burned in spot in my eyes for 5-10 minutes. And while I'm driving I am blinded for several seconds. Enough for hundreds of feet of blind driving and it's caused by these irresponsibly blinding headlights. Why can't we just put dimming and yellowing film on these headlights? Make it law.

June 11, 2025- Tulsa, OK – Astigmatism

Driving at night has become increasingly more dangerous for me. The glare LED headlights cause is blinding and even more so if it's raining. I feel like I'm driving blind when one of these vehicles with LEDs pass. It makes it hard to see medians, traffic lights, and pedestrians. Not to mention it hurts my eyes and my head.

June 4, 2025 – Fairfield, OH – None

Bright LED headlights are too bright for safe driving on the road. Every time a car with bright white LED headlights is driving behind me (either directly behind me or behind me in an adjacent lane), their blinding headlights reflect in my side mirrors and/or my rearview mirror and blind me. I have to switch lanes and/or speed up to put distance between myself and the LED car so I can see. Oncoming cars with LED headlights are just as bad. The lights come right at me and blind me. Many people driving cars with LED headlights do not know when to dim their lights. Often, they do not dim them at all, meaning that either they forgot their high beams were on or they only had low beams on to begin with and if the low beams are blinding me, that is a real safety issue. But even when oncoming drivers do dim their lights, it is often only once they have gotten close, because they do not realize that their high beams can blind people even far away. I have a really hard time driving safely when I cannot see the road, the cars, or the people in front of me due to other cars' LED headlights either behind me or in front of me. I drive a high-seated car, a Ford Escape and cars of all sizes still blind me with their lights on level ground. It is way worse on uneven ground like on a hill.

I know I am not the only one who is blinded by LED headlights. I work at a restaurant and I often hear customers in the drive-thru complaining about the car behind them having their high beams on. When the offending car pulls up to the window, I let them know that their high beams may be on and they usually say they don't have their high beams on; they just have LED headlights.

June 3, 2025 – Tomball, TX – Photophobia

My husband can't safely drive at night because of the bright lights. He often misses turns and scares me because he often has his mirrors turned away. I'm less sensitive to light, but I still have issues with lifted trucks occasionally blinding me through my mirrors. When this happens, I literally can't see anything on

the road and it's terrifying. This usually happens for 20+ seconds. Imagine not looking at the road for 20 whole seconds! Sounds dangerous, right?

### **May, 2025**

May 30, 2025 – Milton, DE – Migraine

Our Small town in Milton Delaware has begun installation of LED lights on our residential streets. There's lights are cause sleep disturbances and severe migraines. Walking the streets is like walking through a filly lit stadium. We live in the Broadkill River where birds migrate. We have all types of wildlife which will be negatively impacted by 150 W LED lamps.

May 28, 2025 – Henrico, VA – None

Driving at night here is increasingly dangerous LED lights on any vehicle are 95% blinding to facing drivers. Many people drive with their bright lights turned on as well, it says if nobody is taught or educated how to drive anymore. So bright lights coupled with LED bulbs.. LEDs need to be banned that's the first step. The next step is to make sure every state mandates that lights be checked annually and pointed down towards the road. The third step is that every person has to know how to work the bright lights in their car and know when they should and should never use them.

May 27, 2025 – Avon, MN – Astigmatism

I am middle-aged and have had keratoconus/astigmatism for at least 25 years. However, I have NEVER had so much difficulty with headlights as I have in recent years with the explosion of LEDs on the road. Mind you, this is not just a night problem. I've already given up driving at night at this point. But DAYTIME driving is nearly intolerable as well, since these LEDs ARE ON ALL THE TIME. Although they are all too bright, some are very clearly worse than others, either because of their design or poorly placed after-market lights. Obviously, this is a regulatory FAILURE as our roads are a Wild West of mildly irritating to extremely glaring and dangerous lights with ZERO accountability for the offenders.

I wear layers of various tinted lenses to mitigate the problem, but for some lights, it is not enough. I often have to resort to holding up my hand to block the oncoming lights. This is obviously not ideal as it obscures a large portion of the road, but this is what you are forcing me to do. Add to that the tension and anxiety this triggers in me, and you have a recipe for increased accidents. ANGRY DRIVERS ARE NOT SAFE DRIVERS.

At this point, I don't dare take a job that isn't 100% work-from-home. You have needlessly constrained my options.

There was absolutely nothing wrong with incandescent headlights. LEDs are completely unnecessary, and manufacturers have been marketing these to Lazy Entitled Drivers. Serious regulation of these lights is LONG OVERDUE. Every day you fail to act, you are causing us harm.

May 27, 2025 – Woonona, NSW, Australia – Migraine

I have a condition which causes intense headaches and eyestrain when exposed to almost all OLED and, more recently, newer LCD panels (e.g. latest MacBooks), presumably due to PWM and/or PAR.

It has never occurred with CRTs or older displays. I have had extensive eye checks with multiple ophthalmologists, but they can find nothing wrong except mild astigmatism. The general diagnosis I have been given is “idiopathic migraines” and advice to “avoid such displays.”

However, they are now everywhere. Apple, for example, doesn’t make a single laptop or phone anymore that uses their older non-flickering tech. Other manufacturers are starting to do the same. There’s no single flagship phone that doesn’t use OLED with PWM. As my entire career has been built in IT, this is slowly becoming a huge concern. As the older hardware becomes outdated, breaks and becomes harder to find, I might find myself completely unable to interact with modern tech. I have written to accessibility teams at Apple, Google and Microsoft to ask for possible tuning options to no avail.

May 21, 2025 – Chicago, IL – Other

TODAY AS IN EVERY DAY!!!! F\*\*\* my eyes!!! Seeing spots several super bright ignorants and NOTHING STILL being done !!!! They are conditioning us for insanity and violence. Why is the world doing this???????? I feel sorry for babies and animals who don’t know NOT TO LOOK. Health is harmed and this is severely criminal by Feds and Automakers and Eye Dr’s. ignoring this.

May 20, 2025 – Kokomo, IN

These headlights give me a migraine every time. Whether it’s a vehicle behind me, coming towards me, or in my line of vision at all. They blinding and definitely interfere with driving. I’ve had to pull over because of these. I just quit leaving my home at night. A migraine takes you down, fast, and for a couple of days. The so called safer visibility for the owners, well those are called “brights” to be used as necessary.

May 5, 2025 – Chicago, IL – Electromagnetic Sensitivity

OMG where do I start?? Multiply this report for every day until this STOPS for GOOD!! We are living in a pure nightmare of torment and torture. We are being conditioned for insanity and violence. These lights have a strong effect on vision and brain and right now my head hurts as I saw the BRIGHTEST AND WORST EVER today!!! How are people allowed to harm us and use this as weapons!!!! What will we become??? Nothing done and it’s getting worse and our freedom to drive is stolen at all times. This is just the beginning of worse. My sanity is almost gone.

May 3, 2025 – Seattle, WA – None

Blinded by lights in traffic, rendering inability to see where I am driving. Pain and danger. Even own rental car lights reflecting off of car in front of me blinds with daytime running lamps. Cannot turn off and end up having to slow dangerously on freeway.

## **April, 2025**

April 25, 2025 – Iselin, NJ – Other

I had optic neuritis and now have a blind spot in my left eye. Today I went into a department store and the flickering was so bad from the LED lights that my eyes started to flutter uncontrollably. I have never had this happen before today. I just happened to be under a flickering led light. They are awful, and I have trouble seeing with them.

April 25, 2025 – Humboldt, TN – Other

Unable to see officers without reflective gear during accident events. Corner Mitchell and East St 1730. The officer had 3 units with Blinding strobes behind him. Washing him completely out of view in low light conditions. Especially for drivers of vehicles low to the ground. And Multiple units on site from other directions with Blinding strobes.

April 25, 2025 – Wynantskill, NY – Other

Street light is EXTREMELY bright. Lighting up whole side of house flooding into rooms including two bedrooms. Interrupting people and pet natural rhythms. Hard on the eyes when walking and driving. Noted increase in agitation and anxiety.

Town said they added light because kids were waiting for bus in the dark. Simply not true. At no time are kids waiting for bus in the dark (bus picks up kids after 7am). There has been little to no crime in this area for the 30+ years we've lived here. 3 generations of kids (including mine) have picked up the bus at that corner with no problems or concerns.

A single recent new resident (who happens to be friends with the town supervisor) asked for the light to be installed. The other 3 residence on the corner do not want or see a need for the light. The other street light on the road are considerably less bright and are positioned over the road (not facing houses). There was no notification, or opportunity for discussion/debate on the installation. I wish there was a way to include a picture,

Seeing research where this type of light has health implications which is concerning and stressful.

April 19, 2025 – Kalispell, MT – Autism

I'm tired of being blinded in the middle of town, day and night, with drivers in cars that are completely oblivious (or malicious) to the danger and pain they are causing others. I have had to stop dead in the middle of the road out of fear or driving off the road.

Adaptive headlights are not a perfect solution, and after-market installs with no regular checks to ensure safety are putting so many people in danger. I had to quit my driving job because of the physical and mental toll this has caused me.

I used to love driving at night, now I can't stand it.

I wish someone with the power to make a change even cared.

April 19, 2025 – Salisbury, MD – Migraine

Bright LED lights triggered migraine started around 9:09 pm tonight after driving home from grocery store. These bright lights are ridiculous and cause "floaters" shortly after returning home I felt a headache coming on.

April 19, 2025 – Key Largo, FL – Other

Health issues aside, to which there are many from LED's, there needs to be standardized warmer lights for our country at night. All the new vehicles with 5000 or 6000k lights are ruining our experience and our atmosphere. It is completely alien, cold, and soulless. Night driving used to be a beautiful experience. Now it looks like morgue lighting. It's an atrocity to the sensibilities of life on earth. It is damaging to our circadian rhythms and nervous systems and needs to be stopped. Please place rules on car manufacturers and cities to go back to warm lights.

April 16, 2025 – Cincinnati, OH – Other

Today's automobiles, specifically SUVs made by Toyota, Hyundai, Kia, Honda and Acura have headlights

that are WAY TOO BRIGHT!! When these vehicles come at you on a dark road, their light spread is literally blinding and especially on a rainy night, this has almost caused me to have a crash several times and always I'll see spots for several minutes after encountering one of these cars. I've noticed vision problems as well as increased frequency of headaches as of late and I have changed nothing in my lifestyle other than having greater exposure to these lights. And we shouldn't forget that the light bars on police vehicles and tow trucks are also retina-searing bright. We can see a flashing incandescent beacon on one of these cars from plenty of distance at night. This needs to be a class action suit against the auto manufacturers or the lamp manufacturers.

April 9, 2025 – Washington, DC – None

Not yet an incident – you need to get this out on every instance of the Nextdoor app in every city. Get more signatures!!

April 8, 2025 – Orem, UT – Astigmatism

I was driving from Idaho to Utah after a family reunion. I was going through a mountain pass when all of the sudden, im blinded by a line of LED headlights. I side swiped the concert barrier, not only damaging my car, but it made it difficult to pull over and assess the damage. It of course doesn't help with an astigmatism, but even with special glasses for it, LED headlights make it worse. I have to call my insurance tomorrow for the damage for my car because car companies don't give two shits about the drivers.

April 8, 2025 – Livonia, MI – Other

Had to go shopping yet our local Meijer here in Livonia on Middlebelt and Schoolcraft. I'm in the pet department looking for charcoal for our fish tank and Within minutes, I start getting this irritating, mild thumping pain behind my eyes. I'm thinking I'm having a stroke or something like that but The same thing happened to my wife a couple weeks ago and she realized the lighting so I just got out of there, reported it to the manager, and he kind of laughed it off.

April 7, 2025 – Brookings, OR – Electromagnetic Sensitivity

See <https://www.tiffanybergbrookingsoregon.com/>. Tiffany Bergs' light, lights up my house and property. But instead of being a good neighbor, she defamed me on TikTok.

April 7, 2025 – Bremerton, WA – Autism

For the past seven years I've worn sunglasses when outside of my house, even at night due to prevalence and ubiquitousness of blinding LED lights on cars, my neighbor has an LED floodlight without any kind of diffusing, a blinding LED streetlight has replaced one of the older bulbs in the streetlights on the road outside of my house.... I'm living in an unregulated LED hellscape, the only relief for my eyes is not wear sunglasses at all times when outside of where I have direct control over all the lighting

April 7, 2025 – Chicago, IL – Migraine

Oh my God where do I start everyday we wake up we have to deal with this it's affecting our mental health and our vision today on the way to work there was a guy behind me I slow down to let him pass he pulled up closer to me put on the extra super bright the lights that were on were already bright and he sat there behind me then he pulled up next to me and looked at me so now people are using it as a weapon they don't care there's no kindness or compassion there's no relatability to anyone else all that everyone is self-centered with these lights and this issue the ones who won't take them off in the

daytime or you know when someone's coming towards them which they don't need amount of the day that's pretty stupid it shows how dumb society's gotten so now it's becoming more dangerous for me to travel the police here are not doing much I believe there's some laws in place in Illinois there's something that I found and I'm going to show it to them and they keep saying I know I know but they don't do nothing laws are not good if they're not enforced it's going to turn the violence if it hasn't already

April 7, 2025 – Albany, NY – Photophobia

I have to drive, day and night, with one hand blocking my view of oncoming traffic. Sometimes I have to tilt my rear view completely to the side because up is not enough. I have debilitating migraines and laser to prevent narrow angle glaucoma. SUV, trucks and car of certain manufacture almost continuously assault my neurocortex. The terror and anxiety I experience driving decreases the quality of my life and I'm certain I will die or kill someone from being visually impaired by others cars. LED lights are a great a public health concern for all on the road as drunken drivers and car manufacturers must be held to account before further lives are lost and the precious ability to see and drive, walk safely is compromised. In the name of goodwill of man to man, all measures must be taken to stop the blue white fatal hellscape LED has made the roads

April 3, 2025 – Mountain Home, AK – Autism

There's a newer model large truck that has very very bright led headlights. I dread running across him every weekday morning. One time I flashed my halogen headlights at him and he flashed his back and that's how I realized he didn't have his bright lights on, it's just his normal lights that are very very bright.

April 2, 2025 – Newman, MA – Astigmatism

I struggle with astigmatism and migraines. It is hard enough as it is to drive at night with these two setbacks but the LED lights make them considerably worse. LED lights are extremely ignorant and cause so many people distress and harm. I used to enjoy driving at night as a sense of peace and calm and now it causes me extreme distress and strain on my eyes. I have almost gotten into many accidents due to coming around a corner and these lights blinding me. If I have to drive at night, it comes to the point that even the lights behind me are so bright that I have to turn my side mirrors out of my sight or darken my rear view, which is not very safe either. Please make some sort of regulations for headlights or ,yet I say, ban these lights and bring back the soft yellow lights for everyone's safety.

April 1, 2025 – Oceanside, CA – None

On my commute for the past 3 months, once sunset hits, all the bright led lights beam my face on the opposite side of the road , obstructing my vision. Basically the intesection of the main hwy is just a sea of bright lights that I sometimes duck my head under.

Oh and don't let it be some a hole behind you on the express way ... I've had more than a number of jerk drivers beam me from behind (one time is was for a legit reason)) but seriously who tf are these wanna be cops with their bright lights.

At this point, I use anti glare shades or just beam my beams bac at them bc why not....

April 1, 2025 – Baltimore, MD – None

Not only are exceedingly bright and misaligned LED lights physically painful to my eyes, but the blinding

glare from both oncoming cars and cars behind me make it so that I am unable to see properly while driving at night. It is genuinely dangerous. I have tried everything in my own capacity to diminish the effect of bright headlights on my ability to drive at night, such as changing lanes when possible, averting my eyes and focusing elsewhere on my surroundings, and changing the angle of my own mirrors. These solutions work minimally to alleviate the brightness issue and are dangerous to have to implement. In my Honda Civic, which is not an excessively low to the ground sedan, the majority of other cars I encounter on the road either have lights that are too bright or lights that are pointed directly in my eyes, and frequently both. The intensity of headlights needs to be regulated and the appropriate alignment of headlights needs to be enforced. I'm 24 years old and I have to avoid driving at night. It shouldn't be that way.

### **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 deskjob 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.

## **February, 2025**

February 28, 2025 – Salem, OR – None

I am regularly blinded by oncoming traffic while driving at night, and can only hope that no pedestrians, animals, or other motorists are in my path while the oncoming traffic passes. The problem is not only the brightness or quality of the light, but also the angle. The height of modern trucks and SUVs puts the beams directly into the eyes of people driving normal height sedans, coupes and hatchbacks.

February 24, 2025 – New Prague, MN – Astigmatism

I am 19 years old and generally have decent eyesight, aside from my astigmatism. I have noticed consistently that after driving at night there will be spots in my vision on my left eye, and my vision is noticeably worse on that side. I drive a small car, but that shouldn't mean I deserve to be blind. The main issue is large trucks and SUVs that put on lift kits and aftermarket headlights that aren't using the same light geometry as the OEM. There are sedans with bright lights but it's far less common.

February 19, 2025 – Hammond, IN – Astigmatism

I used to love to drive. I've driven hundreds of thousands of miles all over this country. LED headlights are without an ounce of hyperbole: painful. Even LED billboards cause discomfort. I have to take my eyes off the road when there's oncoming traffic with misaligned LED head lights. They need to be banned.

February 17, 2025 – Yolo County, CA – Autism

I was driving east on Hwy 16 towards Woodland, when I noticed intense amber LED flashing lights close to a mile ahead. I started to slow down. As I reached the LED flashing lights, the intensity and digital pulsing was unbearable. There were multiple vehicles. The panic started to set in. I covered my eyes with my hands and slowed to less than 20mph, basically trapped by the LED lights.

I crept forward in my car, blocking nearly everything from my sight except for a narrow sliver of road near the center line that I could see. Major panic started to set in as I passed the vehicles, which turned out to be about 3 Yolo County Sheriff's vehicles. After I passed, I glanced back in my rear view mirror and was struck by red and blue LED flashing lights. I let out a scream of agony. I suffered significant emotional trauma from this event.

February 17, 2025 – Anytown, MI – Autism

I have astigmatism, photosensitivity, and am currently in the process of being evaluated for autism. These LED headlights are violently bright and trigger physical pain starting behind my eyes that shoots through to the back of my head and causes emotional distress, to the point of once pulling over (nearly crashing in the process) and engaging in self injurious behaviors due to dysregulation. They have nearly caused accidents to myself and others on numerous occasions. This is an issue far from limited to those with disabilities; anybody I ride with will feverishly complain whenever being faced with or followed by an LED headlight bearing vehicle. Pedestrian deaths have only increased since the switch, brightness is utterly unproductive if it blinds every other driver on the road. We need regulation on the harshness and we need it now.

February 16, 2025 – Amelia, OH – None

Was driving on a narrow two lane road. A car with the LED headlights was coming towards me. It was snowing out. The road was covered on both sides of the road. I slowed down to 15mph. As he passed his mirror hit my mirror. Causing damage to his mirror. He had a dash cam and it showed me on the yellow line. Had he NOT had the LED lights. I believe it never would've happened. I also got a \$125 ticket for driving left of center. Im 35yrs old and ive never been an "at fault accident" nor a ticket! I 100% blame the LED lights!!

February 16, 2025 – Woodbridge, NJ – None

I am a school bus driver in Central NJ. I am also a "car guy" for life! I've been working on, fixing and racing/driving since I was a teen. I own a 1995 VW Jetta 5speed that is 98% restored/tuned. Drove it 253,000 miles on the original clutch and shot a Mobil1 commercial with it in 2015. Google: David Alston + Mobil1.

I do not have any vision impairments or health issues. I also have incredible vision in the dark. A lot of these newer cars are annoying as hell with these "ridiculously" bright L.E.D. headlights. Hondas. Ford F150s. Kia. Tesla. Why are these vehicles "allowed" to be put on the road with these "stupid-bright" lights?!! And if you need lights "that bright" to see at night, you SHOULDN'T be driving!!!! This is EXTREMELY URGENT and SOMEONE NEEDS TO ADDRESS IT RIGHT FUCKING NOW! I am a "former" Fed. I worked in IT 16 years in DC. NHTSA needs to get off their ass and fast! Sick of these stupid L.E.D.s!!!! Google: David Alston + C.I.A. – NJ.com.

February 15, 2025 – Baltimore, MD – None

I almost hit a car while trying to shield my eyes from an oncoming car with bright lights. I have driven all over the world, I see we are way behind with light sensitivity, we have been for decades – look up how Brazil has managed this for decades. Please help stop this unsafe and unnecessary bright light issue.

February 13, 2025 – Battle Creek, MI – Migraine

I bought a box of led lights because that was all that was available at the store. I put them in my bathroom fixture and every time I turn the light on they flicker so much I have to turn the light off. The same in my kitchen. The flickering causes me to get Ocular migraines on a regular basis. This causes nausea and balance problems and I can't drive. I have quit driving at night because of the led headlights afraid I will get a migraine and not be able to get home. I suppose they save energy if you are afraid to turn your lights on at night.

February 11, 2025 – Manassas, VA – None

Driving in the rain at night with everyone's headlights behind me it is nearly impossible to see the road in front of me. Thankfully there were trees blocking the oncoming traffic's lights, otherwise I seriously don't think I would've made it home. It's incredibly dangerous and I could've gotten into a very serious accident, I had to slow down and even pull over at a certain point to let people pass me so that I could see the road again. Regulate the brightness of these new headlights!

February 6, 2025 – Richmond, RI – None

I get temporarily blinded when oncoming vehicles have their bright LED lights on, it's hard to drive when being blinded from both in front and behind with the glare of bright led headlights reflecting off both my left side mirror and rear-view mirror.

February 6, 2025 – Gray, GA – Migraine

my husband works as a domino's delivery driver and frequently drives at night. he usually ends up getting migraines from these incredibly bright LED lights. he has told me he cannot see and it is difficult to drive and has to take aspirin often to just get relief from the migraines they cause. not only do the headlights that drive past him bother him, the headlights from people from behind also prevent him from seeing the road clearly. it is especially dangerous since we live in the country and there very well could be a deer and he would not be able to see it. its even worse when it is raining. these lights should be illegal for how dangerous they are to drivers.

February 6, 2025 – Mabank, TX – Migraine

I have documented light sensitivity. Before, halogens easily triggered headaches and migraines and I have installed 2000K bulbs in my house, placed "night mode" programs on computers and on phones before they became standard, and seen multiple doctors on how to best deal with it. My eyes cannot handle cool white lighting and can barely tolerate warm white lighting. Any form of blue-tone lighting will trigger headaches and migraines that make my vision blur and my head pound. With the introduction of bright cool white LEDs in headlights and streetlights, my ability to drive at night has gotten much worse. I am forced to wear tinted sunglasses while driving, which reduces my visibility, because the other option is being unable to drive. While I understand LEDs are more energy-efficient and effective at light distribution, the fact the color is a cool and very bright white has reduced my quality of life severely. I used to love driving at night, as it was much easier on my eyes than driving in the daytime, where my eyes have a very hard time handling sunny days. However, now there is no time of day where I can enjoy driving without any impairments. LEDs are not the problem, I can handle LEDs of other softer colors, but the white of 5000-4000K has made life much worse.

February 6, 2025 – Atlanta, GA – Other

The new LED headlights are blinding! They hurt my eyes and distract me. Instead of helping they are detrimental to everyone else on the road. Especially in urban areas there's no reason for regular lights to look like "brights"

February 4, 2025 – Vancouver, Canada – Electromagnetic Sensitivity

Since they have started using LED car headlights and also LED street lights I am unable to drive in the evening and at night as well as find it very difficult to even drive during the day. The lights are blinding from head on and also from behind in the rear view mirrors and side mirrors. This has affected my life and freedom immensely. It is even difficult to go for a walk through the streets because when these car lights come at you they are blinding.

These lights are ruining the ambience of the city as well.

Another problem is that the moth population is not breeding due to these very bright LED lights. This is going to have a terrible effect on the ecosystem. These need to be stopped from being used immediately! There are many other negative health effects of LED lights which I will submit later.

February 4, 2025 – Weaverville, NC – Other

Driving at night has gradually become more dangerous due to the increasing presence of blinding LED headlights. One has to either: look away or physically block the insanely bright blue light, lest they be

blinded. The risk is so blatant, I do not understand how ultra high beams are not only legal, but becoming the norm.

February 2, 2025 – Ovilla, TX – Other

Momentary blindness that occurs repeatedly during nighttime commute to work.

February 2, 2025 – Los Angeles, CA – Astigmatism

Driving in the evening or at night has now become an impossible, highly stress-inducing task. I have almost been in an accident so many times due to having to look away from the road to avoid being blinded. This is insanity and I cannot imagine having to deal with this for the rest of my life. I have never felt more unsafe driving on the road and it seems insane to me that there has been no regulation on these blinding lights. I am begging someone to help put an end to this nightmare.

**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 Infront 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.

## **December, 2024**

December 31, 2024 – Cherry Hill, NJ – Astigmatism

Bright LED Headlights have significantly impacted me, and my freedom to travel when and where I want to. I have an astigmatism, and have recently developed a driving phobia, which is largely connected to me getting overstimulated while driving. Nighttime used to be my preferred time to drive, as the roads were quieter. Now, with the LED lights, it's unbearable. Not only can I not see with the blinding lights in my face, but it greatly increases the chance I'll need to pull over and calm myself. I struggle greatly getting to all the places I used to go, and the bright headlights make the process even worse.

I genuinely feel like it is not a problem that will solve itself. In order for others to feel safe competing with the other blinding headlights (I often feel like I cannot see after passing a car with these and often in the moment wish my lights were brighter) they too need to get these LEDs. Manufacturers won't care, if anything they can advertise being the brightest.

We desperately need some sort of deterrent, because I fear for my life when I get blinded on the road at night, and wonder how many life-altering accidents have been caused by this issue. Or even what the long-term effects of these are. I wish to be free to travel where I want without this unnecessary harm.

December 31, 2024 – Orléans, France – None

It's New Year's Eve, and for the fifth consecutive year, I'm staying home and not participating in any festivities because of the blinding LED lights that are now everywhere and assault my eyes.

When the first street lights and vehicle LED headlights appeared in my area five years ago, I realized that my daily life would be completely turned upside down. I feel like I've been condemned to no longer live normally, like I used to, especially in the evenings. I can't live freely in society anymore, with a clear conscience, without the fear of having my eyes constantly assaulted by these completely excessive lights.

I'm tired of all this. Tired of having to endure these car headlights with insane brightness levels, at night JUST LIKE DURING THE DAY, forcing me to look away and leaving trails in my vision. Tired of noticing that many designs and installations of lighting fixtures are systematically done thoughtlessly, over-illuminating the entire neighborhood. Tired of these street lights that repel me and prevent me from being out at night.

The world has plunged into a light arms race that I don't understand and can no longer tolerate! Why have we come to this? Who decided this on behalf of everyone else?

Science had warned about LEDs, but it wasn't listened to. Many people complain, but they're not heard.

What's happening? What's the plan? How much longer do we have to protest and shout for the LED monster, created by a greedy and careless industry, to stop spreading uncontrollably? I deeply curse everyone who created this monster, and every day I wonder how much longer I can endure this situation before I decide to move far away so I no longer have to suffer from it.

In any case, we need to unite to make the global LED industry bend so that acceptable lighting standards for everyone are established and enforced.

Happy New Year to everyone and stay strong.

December 31, 2024 – Armada, MI – None

My wife just ordered a pair of night driving sunglasses which made me realize these modern LED headlights are just too bright, dangerous, and out of control. My wife (54), my son (20), and I (52) have been complaining about the bright headlights for the last couple of years. Another red flag is that my son also complains, and he's only 20 with perfect vision.

These dazzling lights diminish night vision and distort the field of depth. Both oncoming and rearview traffic dazzle. You can dim the center mirror, but side mirrors are not dimmable.

These headlights are dangerous to all people on the road and need to be regulated so they are either toned down or use a friendlier light frequency.

December 30, 2024 – Holly Springs, NC – Astigmatism

We live in a part of North Carolina that does not have street light coverage. In short it is VERY dark here. Driving at night here is quite a challenge. The blinding on coming headlights make it almost impossible to navigate the roads safely. Combine that with what appears to be distracted driving and you are taking your life in your hands just trying to get to the market. Something must be done to reduce the brightness of these dangerous headlights.

December 30, 2024 – Anytown, MO – Astigmatism

I'm unable to see the lines on the road when someone uses LED lights. Almost everyone I come into contact fills the same way even if they do not have an astigmatism. LED lights are very dangerous for the most basic and single most important reason of all... TWO LANE ROADS!

Many people can drive just fine at night even with varying vision problems or none whatsoever with regular halogen or non-LED bulbs.

When someone uses brights they should see far and wide so they can look for deer and other animals etc.

However when a car is within 500 ft or less not even the brightest halogen should be used for low beams as this endangers not only the person who has the lights shining in their eyes, but it endangers the person shining the lights and someone else's eyes because it could create a head-on collision.

In fact, I'm willing to bet that many head-on collisions are result of LED lights on two-lane roads over someone looking at their phone.

If more intensive research was done you'd most likely find out I'm right since as a genius I'm right about 99% of the time about my speculations.

December 30, 2024 – Paterson, NJ – Other

The car lights are way too bright that blinds you

December 28, 2024 – Taos, NM – None

Dusk and sun setting, combine that with LED headlights and it's impossible to see the road ahead. The LEDs are so bright that you cannot tell the make of the automobile.

December 27, 2024 – Blanco, TX – None

There's a difference between brightness and color temperature. Brightness is measured in Lumens. Color temperature, in degrees Kelvin. It is not so much the brightness of these new headlights that causes so much irritating and dangerous glare as it is the very high color temperatures of 5,000, 6,000 or higher Kelvin. If the new vehicles simply used low Kelvin LEDs...2700 Kelvin or lower (a golden yellowish light), much of the annoyance would be alleviated.

December 26, 2024 – Seattle, WA – None

I'm 51 and have struggled with bright blue/white head lights for many, many years. Because most new

cars come with them and many people are using LED bulbs in older headlight fixtures, the situation seems to be compounding exponentially.

I often get a headache from the eye strain and increasingly plan my life to avoid night time driving when possible. I have even begun using both a dark sun visor and yellow/amber tinted lenses to make night driving tolerable. This is not my preferred way to drive at night as it makes it more difficult to see dark objects or people dressed in dark clothing.

I find my need to do this ridiculous. I also don't know a single person of any age, that seems unbothered by the changes that have brought so much bothersome glare into our eyes as we drive.

Something needs to be done about this sooner than later and it is going to take a lot of work to change out or update all the headlights that are blinding me and everyone else I talk to.

Why are we allowing this unsafe way of illuminating our driving to continue? I want the department of transportation and/or the FDA and/or congress to begin addressing this problem NOW so that we can all drive more safely and with less eye strain and pain.

December 24, 2024 – Wichita, KS – Autism

Multiple brain injuries left me with diagnoses that include migraine, severe photophobia due to a retinal sensor injury – ipRGC's the Light Meter for the eyes which regulates circadian rhythm. It also manages retinal light adaptation. Exposure to LEDs and any blue spectrum bright light, especially light that flickers or moves, causes me intense pain, violent nausea, vomiting, weakness, chest pain, shortness of breath, a lot of the symptoms of a heart attack or a severe panic attack. It took me many doctor visits to learn the cause of this severe photophobia and flaring systemic symptoms . I also learned that I have a diagnosis of autism spectrum Level one which explains my severe sensory overwhelm experience to light, but that combined with this retinal injury has rendered me unable to drive at night at all in these new lighting conditions. It's so unsafe even wearing blue light blocking glasses with glare blocking appliqués in my windows to block headlights in my side views and the oncoming traffic.

December 24, 2024 – Los Angeles, CA – Photophobia

Post mTBI: chronic migraine, severe neuralgia and dysautonomia all triggered by severe photalgia due to ipRGC retinal sensor injury – <https://pmc.ncbi.nlm.nih.gov/articles/PMC7682828/>

December 24, 2024 – Anytown, NJ – Astigmatism

I have never hated driving so much as I have hated driving this year.

At night, thanks to the glare, I cannot see road signs without reflective coatings. When it rains at night, the combination of windshield fog, glare, and wet-pavement are brighter than the Lines-on-the-Fucking-Road. High-set SUVs with Bright As The Goddamn-Sun headlights shine directly into my vision which, due to an astigmatism, breaks into a fireworks show in my eyes. Oncoming traffic actually hurts—like getting snapped with nail-scissors in the back of my head.

On one particularly vile strip of road I became paralyzed, unable to see my turning lane, and it was only by a Grace of God that I did not have an accident.

It used to be that this glare was only an occasional inconvenience—some thoughtless driver who forgot to turn off their high beams. Now between the strength of headlights and the height of cars, every minute spent driving at night is a damnation; miserable American roads befitting a miserable American people.

There's something poetic, something uniquely American, about the state of our roads at nights; they've become a dick-waving contest measured in lumens, fueled by selfish idiocy, gagging and slobbering for "MOAR BRIGHT" until nobody can fucking see.

Thank you for providing a space to voice these concerns. I eagerly look forward to seeing our regulatory institutions ignore this problem until it inconveniences someone important.

December 23, 2024 – Portland, OR – Photophobia

Bright LED headlights on vehicles have become a significant challenge in my daily driving. On multiple occasions, cars equipped with excessively bright LED headlights have nearly caused accidents. When these lights shine directly into my eyes, especially from oncoming traffic, the glare is blinding and disorienting. Even vehicles behind me can create dangerous situations when their LED lights reflect intensely through my rearview or side mirrors.

To cope, I've had to resort to putting my hand up to block the glare while trying to maintain control of the car, which is both impractical and unsafe. This issue has led to numerous close calls where I almost veered off the road or into another vehicle. Additionally, the harsh intensity of these lights causes severe eye strain and headaches, making the driving experience not only stressful but physically painful.

These incidents have made me anxious about driving at night or in poor visibility conditions, as I'm constantly on edge, anticipating these blinding lights. It's clear that while LEDs have their benefits, their use in vehicle headlights needs better regulation to ensure road safety for everyone.

#### The Impact of Bright LED Lights on My Driving Experience

Bright LED headlights on modern vehicles have become a significant hazard while driving. On numerous occasions, these lights have nearly caused accidents, whether from oncoming cars or vehicles behind me. The glare from these excessively bright LEDs blinds me temporarily, often reflecting off my rearview or side mirrors, leaving me disoriented and forced to put my hand up to block the light. This is an impractical and unsafe solution while trying to maintain control of my car.

A particularly concerning issue is the auto brights feature in many modern cars. These systems frequently fail to detect other vehicles properly, leaving the brights on when they should dim. This not only creates an unsafe driving environment but is also a clear violation of traffic laws, as having your brights on within a certain distance of another vehicle is illegal. Such violations should be actively ticketed to deter this reckless behavior.

The cumulative impact of these bright lights has been severe for me. I've had multiple close calls, almost veering off the road or into other vehicles. Beyond the immediate danger, the glare causes eye strain, headaches, and general discomfort, making nighttime driving a source of anxiety and physical pain.

While LED headlights offer benefits like increased visibility for drivers using them, they need stricter regulations and better technology to ensure they don't endanger others on the road.

December 22, 2024 – Sebastopol, CA – None

My eyesight is pretty good except for needing reading glasses for seeing things up close. But ever since the new super bright headlights have come out, I really don't want to drive at night. They are blinding and very dangerous, since I can't see anything else when they're coming at me. I adjust my rear-view and side mirrors so that the lights don't shine in my eyes. That reduces my ability to see behind me, but it's safer than being blinded by those lights.

I thought maybe it was just my eyes getting worse, but I notice that if a car is coming toward me with the old fashioned headlights, I can see totally fine. No problem. With the new headlights, I sometimes have to hold my hand up to block them so that I can see where the road is. Otherwise, I would be totally blinded. Very dangerous! I can't believe these are legal. They also hurt my eyes, and I'm sure they are damaging to vision.

December 22, 2024 – Vancouver, BC – Electromagnetic Sensitivity

Since so many vehicles are now using these bright, white LED car headlights it is practically impossible for me to drive. I have to hold my left hand up as they are so blinding, even in the daytime. Even sunglasses do not cut the bright light. I even drive at night with sunglasses on. This is very dangerous! When a car comes up from behind I have to hold my hand up by the side mirror as it also blinds me from the side and from the rear view mirror. It has become so dangerous for me to drive and has affected the quality of my life in so many ways. I don't know who gave these car companies permission to use these very bright LED white lights? It's like the whole city driving around with their high beams on or even worse! This must be rectified by the federal government! This must be stopped immediately!

December 21, 2024 – Port Colborne, ON – None

I crashed my car, totalled it because someone with LED headlights decided to enter and exit a roundabout with their high beams on. They were coming towards me and I was completely blinded by them for about 15 seconds before they passed me. I will take some fault as I was speeding a little but at that point it was too late and I crashed directly into another vehicle all because of LED light. They are too damn bright!!

December 21, 2024 – Olympia, WA – Other

Upon returning to my booth at an outdoor/covered Farmers Market, the Governor allowed "non-essentials" Crafters/Artisans could return. My soft lights didn't get moved to my new booth space. The first day my eyes ached (which I'd never experienced in 60 yrs). I recalled an by article Dr. Mercola who interviewed an Ophthalmologist who explained LED lights and eye damage. My instinct was to stand in the sun...no eye ache: BINGO! I knew it was the damn lights. I researched and purchased blue blockers and a wrap around my head visor because lighting came in from all directions. ( And horribly had to wear a mask too = hell on earth!). I went to an micro-current intuitive healer who said it's your optic nerve especially in the left eye. I had had several treatments over the years and got better, thank Buddah, Allah, Godddess, Jesus and everyone! However I always carry blue blocker glasses in the car and a sun visor...because I never know how the lights in whatever store will affect me. It's been a huge challenge, life-style shift for me... even visiting friends homes I must be prepared. I'm much better. Although I went back to the OFMkt and had had my gear, went to the car to drop off stuff didn't think I'd need my visor, nor that I'd stay long. I sat on a table, waiting for a buddy and instantly my eyes started tweaking, and

ached for hours afterwards. I've learned to try and not drive at night the headlights are horrific, especially first responders= blinding! I've learned to drive w/my left hand up to shield my eyes from the oncoming headlights. Years ago I tilted all my mirrors waaaay out or up, I can lean to see when necessary.

My question is whom decided LED's were the new way? Politically — Someone must be the king-pin-of-LEDlight\$?

I actually lucked out and purchased an entire box of 60watt bulbs at a used store, just as a volunteer walked in with a huge box of new bulbs for \$10 (i know)! Before that I was purchasing used ones from Habitat for Humanity resale stores for \$1 a bulb, and felt grateful for that!!!

Thank you for your research, time and effort in this important area. I had no idea the ranges of challenges people continue to face. Big love to you and yours in this journey to educate. WE ARE NOT ALONE! Cheers.

December 20, 2024 – New Orleans, LA – None

I cannot drive at night now because the superbright LED lights make me see halos about 20 feet high and wide around oncoming vehicles or vehicles behind me. I cannot see the road, the signs, the lines, pedestrians. It is sudden and violent to the eyes and the brain and nervous system. Now I am being advertised to by Amazon and Google to buy LED bulbs to replace the halogens in my own car headlights. I will not fight fire with fire and blind other people so I can compete with these atrocious tools.

December 20, 2024 – Drexel Hill, PA – Autism

I drive because it's difficult to participate in society if one doesn't, but my autism makes it very hard for me on multiple levels. For one, I am very sensitive to light, and overly bright headlights not only hurt my eyes but also obstruct the shapes of vehicles and the flow of traffic, making me afraid that I will collide with someone because I can't properly sense how their car takes up space. There is no valid reason for headlights to be that bright. Even those with weaker vision, such as my grandfather when he had cataracts, used to drive just fine with a softer beam. I have seen and heard others complain about these lights as well, such as my father and various social media users. Please don't make life harder for people with disabilities than it already is.

December 19, 2024 – Austin, TX – None

I am now too terrified to drive at night due to the blinding impact of LED lights, which cause me to not be able to see at all, have a panic attack, and swerve, endangering my life and the lives of others. They are much, much too bright. I had to drive from Texas to Louisiana at night last night for a funeral and I had to pull over four times because of the dizziness, fear and nausea of being struck by those lights which is almost like a heat lamp or a blow to the head. I cannot believe that something so dangerous as lights so bright they blind other drivers temporarily are allowed and unregulated. I can no longer drive at night in this environment.

December 19, 2024 – Colorado Springs, CO – None

I was blinded by oncoming LED Headlights and turned the wrong way on a one way street. I have run into two curbs due to being blinded. They are DANGEROUS

December 19, 2024 – Canton, OH – None

I have almost driven off the side of the road and more time than not, I stopped in the middle of the road because all I saw was a bright light that blinded me and I could see nothing else. I cannot see anything

after those lights pass me. if they are behind me, I have to make sure I am in the middle of my mirrors so it doesn't affect me. I have been wanting to go after the manufacturer for years now.

December 19, 2024 – Heath, OH – Other

People with mild cataracts, like me, have problems with LED car headlights lights causing very bright sparkly halos around the headlights at night. This makes oncoming vehicles at night a big problem. The sparkly halos are blinding people and very unsafe. I avoid driving at night now. This has been a well documented problem for several years. Note: I am a retired QA Manager from a large lighting company. I have a lot of experience with LED lighting.

December 18, 2024 – San Francisco, CA – Migraine

I have lived in the same building on Telegraph Hill for 30 years and the last series of led lights on the bay bridge increased my migraine headaches substantially. After they were removed my migraine decreased and my way of life improved.

December 18, 2024 – Springfield, MA – Other

Blinding headlights! It was very disorienting to drive. Eye doctor tested for cataracts by shining light in my eyes and then declared surgery for cataracts should help with the glare. What about windshield manufacturers helping, if FDA won't regulate the LEDs?

December 18, 2024 – Vallejo, CA – Other

My wife has conditions that include Hereditary Alpha Tryptasemia which is causing seizures. Bright lights can trigger them, too, so these LED lights are extremely harsh for her, meaning she cannot leave the house in the evenings anymore, or go into stores, doctor's offices, look at Christmas lights, etc., as they are all equipped with the new LED lights. We've resorted to not using the lights in our home as they are the new LED bulbs and we cannot purchase incandescent bulbs. Luckily we have two lamps with old bulbs that we can use. I do not have this issue, but when driving I notice how bright and blinding headlights appear to be these days. My first reaction is to think the drivers have their high beams on. The worst is large trucks with lights shining straight through the back window into the rear-view mirror. It's truly awful.

December 17, 2024 – King County, WA – None.

I became extremely nauseated and experienced a headache immediately upon entering Target and Safeway after they had just switched from fluorescent bulbs to led bulbs. I experience eye pain from led headlights and streetlights and have to shield my eyes wherever I go. I feel agitated around led lights at night.

December 13, 2024 – Boca Raton, FL – Other

Cant go out at night i suffer from seizures and i have head trauma makes is hard to go out at night with family there is no need for those lights we are not in the forest n some idiots drive with them on high beam blinds my wife at night n me she suffers from migraine this has effected our night life .i still don't understand how this passed with all health hazards

December 12, 2024 – Vermillion, OH – Migraine

in addition to migraine I have a condition called Mal de Debarquement syndrome. LED lights really

trigger my symptoms. It's very hard for me to go shopping or out to dinner and have a pleasurable experience. I always feel seasick.

December 9, 2024 – Portland, OR – Other

Almost got hit by another car (with LED lights) because their lights were so bright I couldn't see their turn signal blinking. I've come so close to hitting medians in the past too because LED lights are so blinding.

December 9, 2024 – Lake Forest, CA – Astigmatism

When I was driving back from Las Vegas from Thanksgiving weekend I almost got into several car accidents because of being blinded by LEDs on curving two lane roads. It is impossible to see the lane markers when your night vision is destroyed by these new headlights. My girlfriend is almost completely unable to drive at night because of her astigmatism and how the headlight affect her vision.

December 8, 2024 – Harrison, OH – Other

I have noticed that these LED headlights are effecting my depth perception. When I look down the road at night to pull out of my street or any number of streets or changing lanes on the highway, and all I see are bright lights, there is nothing to 'ground' my vision to judge how far away a vehicle is before I do these maneuvers, or even the size of the vehicle. I see nothing but bright lights. I had a truck coming at me when I pulled out of a driveway and I couldn't see anything but headlights. I couldn't see the road and I couldn't see the outline of the vehicle until it whizzed by. I had to GUESS where the road was and hope that I was on my side and I didn't run off the road. It was absolutely blinding and I drive an SUV! It was traumatizing to say the least. And that was two years ago! I could have been killed or seriously injured. Ever since then, with no standards as to what headlights are supposed to look like, how many headlights are allowed to be lit up at one time, style, etc. I'm scared when I get on the road at night and it's only out of necessity when I do go out, never for pleasure anymore. These lights have destroyed the ability to do the things I enjoyed after work. Shopping, water aerobics, dining out, etc. And then we're being advised to focus on the side of the road or the white line, if you can see it, so we can drive at night? We shouldn't look to see what's ahead of us or coming at us while we're driving because this is the only way to save our eyesight and life? We now have to drive dangerously to accommodate headlights. That kind of advice right there is a valid indication that these lights are wrong for vehicles. We shouldn't be looking down, or to the side while driving. That's like driving with your eyes half closed, which is really what one is doing following that advice. It only takes a second to hit a human being or an animal looking anywhere but in front of you. The ridiculousness of LED headlights is insane.

December 8, 2024 – Colorado Springs, CO – Other

My sensitivity to LED became worse after a TBI. I wear sunglasses indoors because I work in a Fluorescent and LED hell in the evening and I wear sunglasses to drive home. It is the only way for me to stop myself from horrendous kaleidoscope vision as a person with synesthesia and tetrachromatic vision with post concussion photophobia. Light pollution is killing us and it is worse at night and contributing to severe migraines. Light pollution is literally making some people dopamine addicts but what about those with dopamine autoantibodies? We cannot have a strong nation of healthy people if we have been made stupid and intentionally addicted or severely ill by light. Street lights and lights used at night near businesses are at times bright enough to lead a bird to its death.

Have you seen the Tesla bulbs that are similar to incandescent-the reformulation? We need to bring back incandescent light bulbs.

I have tetrachromatic vision and this intense monochromatic light is causing me to have sensory overload. My tetrachromia causes me to see colors within colors- it is not a disability but a different ability. To me one strand of a persons hair is a rainbow. Ink from a pen is not just black. It only began to impact me after a TBI when my vision and senses began to go into overload and I was in a lot of pain and a neurologist, and nueroophthamologist could not understand me. Instead they began to take notes because I was finding out on my own what was working.

Some people who know this about me will shine LED lights in my eyes on purpose and laugh. These people are bullies.

As a tetrachromat I am even impacted by Migraine lenses called Avulux. These Migraine lenses make me very sick and cause me to have a migraine because they over focus the lense on one color of light spectrum when I am not designed that way. This is why I do not purchase monochromatic lenses either. Sunglasses with UV protection that are light enough color to use indoors work better than monochrome tinted lenses with UV protection. Incandescent bulbs do not have this, they are a variety of spectrum at once and do not have flicker most of the time.

These people that banned Incandescent lights are discriminating against my differences as a Neurodivergent, and my disability with a TBI and they need to bring them back. We need to have a choice of what kind of headlight we use on a vehicle, the intensity of the light in our home, and what kind of light works for us.

A person with synesthesia has more than one sense connected together. If I start to get this pain and this type of vision my sense of smell and hearing increase. This increase can cause hyper smelling and hyper hearing. If I have no protection from the light I will have burning eyes where the whites of my eyes turn red, my nose begins to run and my sinuses swell because the exposure causes hyperesthesia of my nose. Hours of exposure to Flourescents and LED do this to me. My immune system thinks it needs to release histamine. TILT is known as Toxicant Induced Loss of Tolerance. Its definition only applies to chemicals, food and drugs. For me the definition applies but I have another category to add and it is Light Pollution.

We as US citizens are being bombarded by exposures and as we age our tolerance declines and some are more at risk for this than others. These risk categories are yet to be established; however, it is likely that for women Xist and Lyonization are at play. This Lyonization could tilt a person with a Redox disorder towards less tolerance over time. Other mechanisms are molecular mimicry and prior assaults to the immune system. TILT is related to Mast Cell activity but is not the only aspect of the the problem.

For those of us experiencing this we have to wear hats and sunglasses. The eye doctors I have seen do not deny what I have been experiencing. The equipment that they use cannot find the problem. They have several patients similar to me wearing Theraspec lenses. These lenses are not approved by the FDA but have been helping the patients. I have called my Vision Insurance plan to discuss this phenomenon and why NeuroOpthamology, Opthamologists and other eye doctors are not diagnosing or investigating this. They do not answer my questions and change the subject. As humans who work in the evening,

driving home in this light pollution is an absolute nightmare. The oncoming beams and beams behind you are reflecting in your face. More and more people are confessing to wearing sunglasses who are not as severe as me. Why is this being ignored? TBI can impact the retinal ganglion cells and excessively bright headlights and bright lighting in the workplace is very painful. I have to deal with disrespect, being made fun of because I am trying to protect myself.

Now it is December and I am getting more exposure from peoples Holiday light pollution on their homes that is way too damn bright at night and extremely painful. It is the nature of humans and businesses to lie to the public for gain while conditioning people to think that it is better for them through omissions of critical information.

<https://www.frontiersin.org/journals/neuroscience/articles/10.3389/fnins.2024.1378498/full>  
<https://www.ahajournals.org/doi/10.1161/STROKEAHA.123.044904>  
<https://autism.org/webinars/toxicant-induced-loss-of-tolerance-tilt/>  
<https://www.hsph.harvard.edu/hoffman-program/resources/chemicals-in-your-life/what-is-mcstilt/>  
<https://tiltresearch.org/>

December 8, 2024 – Wakefield, MI – Other  
Early onset, rapid decline cataracts, photosensitivity

December 8, 2024 – Wakefield, MI – Migraine  
Vision assaulted by LED light bar mounted on front of a pickup truck. Temporary blindness, vision spots for hours, migraine. Ban these fu\*ckers!

December 7, 2024 – Murfreesboro, TN – Migraine  
I get migraine headaches very easily. I avoid driving at night as much as I can because of these horrible, bright LED lights! They are absurd and horrible. However, sometimes I have to. I have issues with being super light sensitive and they flat out blind me, followed often with a migraine! I've grown to HATE driving at night and even more so, hatred for all of these vehicles with these lights. It's extremely RUDE to own one of these vehicles! Once again, as I drive a sedan, a truck tailed me, BLINDING me safely driving on the interstate home from seeing my family for Thanksgiving! How can these lights be legal? They're dangerous!! I refuse to own a vehicle with these horrific lights! Please stop this dangerous condition to not be able to drive safe!

December 6, 2024 – Unspecified, FL – None  
I was almost forced off the road due to the blinding lights of an upcoming car. I could NOT see a single thing. I was not alone in the car and was with my son. We thought my tires were lost on the right side due to the sudden movement. What a horrible experience, to drive under these conditions. There was no reason to change from the soft yellow lights.

December 5, 2024 – Willows, CA – Astigmatism  
Can't drive at night anymore. Bought special driving glasses to reduce glare and they help a little, but after a few minutes driving against the oncoming superbright led headlights, I'm not seeing anything very well. Driving at night was never an issue before someone decided that putting these dangerous lights on vehicles was somehow a good idea.

December 4, 2024 – Morganville, NJ – None

WHEN DRIVING ON SINGLE-LANE ROADS IS ALMOST IMPOSSIBLE AS THE AUTO HEADLIGHTS ARE SO BRIGHT IT MAKES IT IMPOSSIBLE TO SEE THE ROAD. DIVIDED HIGHWAYS ARE NOT AS BAD. I USED TO ENJOY DRIVING BUT NOW IT IS IMPOSSIBLE UNFORTUNATELY, I STILL HAVE TO DRIVE. I TRIED SPECIAL GLASSES TO REDUCE GLARE BUT THEY DO NOT WORK. PLEASE DO SOMETHING ABOUT THIS BAD SITUATION AS I KNOW I'M NOT THE ONLY ONE HAVING THIS PROBLEM.

December 4, 2024 – Monroe, WA – Migraine

LED lights have only negatively impacted my life. I can no longer see when driving, especially the last few years. I have to close my eyes when driving for long periods of time, multiple times, because I cannot see with people's LED lights. I can't tell if people are using their brights or just have LED lights. I can't see if there is a pedestrian. I can't see turns. I almost crashed tonight because I didn't see a turn due to someone's LED lights in my eyes. I see spots in my eyes for my entire drive after seeing any and trying to keep my eyes open. I get migraines. I might have undiagnosed autism as well, either way, I am extremely sensitive to light. I am scared I might die driving because of LED lights one day.

December 4, 2024 – Houston, TX – Astigmatism

It worries me when I am temporarily blinded by the unnecessary bright lights when I am driving. I instantly flinch to try to shield me from the harmful lights.

December 3, 2024 – Salem, OR – Migraine

I get ocular migraines, and the most reliable way to trigger them is to get blasted in the eyes with some kind of bright light. It usually sets in within 10-15 minutes, and then my vision is just ruined for the next hour. I can't drive at night because I'm at risk of being temporarily blinded. I don't want to have to pull over and sit at the side of the road for an hour, waiting for the aura to pass. When I'm in cars at night, I try not to look out the window. These blinding LED lights are a nightmare, and they don't even illuminate the road as thoroughly as the softer incandescent bulbs of my childhood. I've spent a lot of time in cars. I remember what things looked like. LED headlights are just plain inferior and dangerous, and they need to be banned.

December 3, 2024 – North Olmstead, OH – Astigmatism

They are blinding and they cause me anxiety while driving. I have to stop or turn down side roads to escape them.

December 3, 2024 – Chattanooga, TN – None

I do not have any health or vision problems. I am a perfectly healthy mid 20 year old, and have always had a passion for night driving.

I never really noticed major issues with night driving up until recently... the past few years. I've always noticed people with super bright blue-white headlights... typically just squinted and moved on.

Unfortunately, the majority of the cars on the road have these headlights. I was returning from Thanksgiving with my family and had a 7 hour drive home. There are no north/south interstates in this area, so a lot of my driving is on 2 lane and 4 lane state roads and US highways. I was on a very narrow and typically low traffic 2 lane in southwest GA heading back north. For the first time I had to slow down

to about 20 miles per hour because I was completely blinded. I could not see the center line. I could not see the edge of the road. For about 20 seconds all I could see was white light.

This is not an eye problem. I had my eyes examined a few months ago. This is not a specific to me issue either, as I have no ailments and am in good health. This happened to your normal young American driving home from the holidays, and hoping to get home safely without being flash banged off the road.

I know SUV's and trucks are the most popular vehicles now, but I have always driven coupes, and lots of people drive those and sedans as well. We are not the minority. Please look into regulating these headlights. These are not "improperly aligned" these are straight from the factory and they seem to get worse every year.

December 1, 2024 – Greenbrae, CA – Other

The County I live in took away the shrubs in the median and now all I see are incoming bright headlights. I get a headache when I drive at night and makes me feel stuck at home at night. I get an immediate headache and feel like I'm going to crash my car.

They also installed rows and rows of LED overhead lights and they flood into my backyard and shine brightly into my bedroom and living room. Marin County did this and someone needs someone to do something about correcting this for the sake of our health. Thank you.

December 1, 2024 – Greenbrae, CA – Migraine

The County of Marin installed massive LED lights along a road directly behind our house. There was no community input, decisions made by Supervisors claiming they were needed for "safety". There has been zero incidents warranting any need for LED lights. Overhead LED lights now shine into our home disturbing our sleep and giving us migraines at night. On the road, the lights are so bright it might as well be a racetrack now. The County took out the center median that had various shrubs (now no longer) – so now oncoming cars, both east and west bound (along Sir Francis Drake Blvd) shine directly in our face as we drive home every night. The issue is overhead LED and car headlight LEDs. No thought was given by Marin County when installing said lights, and now created a real safety issue! Shame on Marin County, CA.

December 1, 2024 – Cranston, RI – Other

I am 39 with no known vision issues but I keep being blinded by LED headlights in front and behind me. It makes it really hard to see and drive safely at night. LEDs commonly used in new cars are way too bright. I had to pull in my left side mirror and this makes me scared to drive at night.

December 1, 2024 – Bowie, MD – Astigmatism

I have astigmatism. LEDs in cars have made it difficult for me to drive at night. I almost can never go anywhere during the week from how early it becomes dark. I have been fearful of accidents ever since a close call. It's just impossible to see for a time if they are coming towards me.

## **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 there 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 condensor 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 partner's 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 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 was 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 then 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 80 to 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 or 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 – Shippenville, 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 its 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 its even brighter! I get white spots in my eyes everyday. Im buying night vision glasses. Do ya'll night drive at night or cant see from the back of your limo? What is going on?

**October, 2024**

October 27, 2024 – Los Angeles, CA – Autism

My partner and I took turns driving from Sacramento to San Diego during the day. For the most part, the drive was without incident. At about 4pm, we were in the Los Angeles area.

First, we witnessed the result of a fatality crash, with about 6 emergency vehicles with red LED flashing lights. I was the passenger, and was forced to shield my eyes from the flashing LEDs. Then I was struck at close range by the blue LED lights on a highway patrol car further down the freeway, causing me pain and anxiety.

Around 5pm, the blue-rich LED headlights started appearing, causing me to have to look out the passenger window. Then the blue-rich LED streetlights started turning on, causing me to flinch with each exposure. Then there were blue-rich LED wall packs and floodlights on my right and left which increased my agitation at each exposure.

As the sun set, we exited on a ramp, and tiny yellow LED flashing lights on multiple curve signs struck me directly at close range. After dark, we were inundated with blue-rich LED headlights, blue-rich LED streetlights, blue-rich flood lights, LED business signs, parking lot lighting, and intense LED red taillights. A commercial truck had red LEDs wrapped around the entire back of the truck.

When we arrived at my mother's house, a place I know well, I was hyper vigilant. Every light was now too bright. Every light was a danger. Everything was too bright. For the first time in my life, I was unable to greet my mother with enthusiasm. I was in shock.

My mother turned off all but one incandescent lamp, but when she asked me if she could turn on one more lamp, I broke down crying. I am now on edge. I am on hyper alert. Every light is an enemy.

October 21, 2024 – Paoli, PA – Migraine

I have recently started to suffer from severe chronic migraines. As a result, I am photophobic almost all of the time. This makes LED lights not only painful and very uncomfortable when I drive at night, but also dangerous. Whenever a car with LED lights passes me at night, I am blinded for about three seconds. I have to pray that a deer or other animal will not run out in front of my car, especially now that it is deer rutting season and the deer are very active. This is all made so much worse by the fact that many people in my area have new cars, meaning ultra bright or powerful LED lights. I did not have a migraine earlier today, but I may develop one soon after driving tonight.

October 20, 2024 – Harbor Springs, MI – None

I can't drive in the morning or at night because of these blinding headlights. This is crazy, worse than drunk drivers. What happened to the Auto Safety industry or safety regulations? I am either going to have to lose work/get fired because of this or literally drive blind and pray I don't die or kill someone else.

October 18, 2024 – Portland, OR – Astigmatism

I thought I could get over it, because LED headlights are so unavoidable. I tried everything I could

possibly do to cope. But lately it has evolved to suicidal thoughts, because I feel like I'll never be able to live a normal life again. I was thinking maybe I have autism, maybe I should get that checked out, but I feel ridiculous. Do I really go tell a therapist that LED headlights make me want to kill myself? Is that what I have to do?

October 12, 2024 – Esparto, CA – Autism

I was driving behind a vehicle when it suddenly pulled to the side of the road. Coming towards us was an ambulance with LED flashing lights. I felt like I was electrocuted and was going to go unconscious. I instantly closed my eyes and stopped my car. After a few seconds, a car behind me honked, and when I opened my eyes, the ambulance was already gone. Now I'm suffering the psychological after-effects.

October 11, 2024 – Yolo County, CA – Autism

I was driving East on a County road in the day when a vehicle came towards me with intense, rapidly flashing amber LED lights. I felt panic rushing in and put my arms up to block the assault. Since I now couldn't see the road, I came to a full stop. Then somebody honked a horn. I moved my arms, and saw that the lead truck had passed, but a wide-load mobile home on a truck was inches from the left side of my car. These LED flashing lights are a menace and violation of our civil rights. My anxiety ran high for 30 minutes after the encounter.

October 11, 2024 – Brooklyn, NY – Other

Causes nervous system dysregulation which impacts motor skills & orientation, migraines, seizures, nausea, ability to digest food, vomiting

October 7, 2024 – Augusta, ME – Astigmatism

There are multiple times, every time that I am driving at night that certain oncoming vehicles had their high beams on, and I would put on my high beams, only for them to flash their brights at me because I was wrong. It seems to have gotten worse now that 1. I've been diagnosed with astigmatism, 2. I now live in a town that doesn't have street lights, and 3. I am driving more at night. It just seems as if EVERY oncoming vehicle have the high beams on. I try every trick in the book to not look directly at the lights, to focus on the right side line on the road and physically block out the lights with my hand. I am afraid of myself and the safety of others if I cannot see when I am driving, especially living in the state of Maine where moose are not easily seen in the dark.

October 6, 2024 – Howell, MI – None

Nice to find out I am not alone regarding this topic. Engineers at automotive companies are responsible for what I consider an environmental pollution nightmare. I never had any trouble driving at night until about the past 8 years or so when I noticed the blue LED lights being applied to more and more vehicles. At first, it was only a few vehicles so a bit of a nuisance, but manageable. Now almost 80% of the vehicles on the road have these super bright blue spectrum LED emitters just blasting out light. I can literally feel the pain in my eyes when these vehicles approach. I started wearing my polarized sunglasses for driving all the time including nighttime. Does anyone know how those lights may be damaging our eyesight, especially at night when the pupil is dilated due to ambient darkness? Come on engineers, do your job! Ask the questions and demand the answers before you release products which can cause harm.

October 3, 2024 – Bethlehem, GA – None

I can no longer drive in what I feel to be a safe manner due to the piercing brightness of headlights. Over the last year they have become so sharp on the eyes that even in the various hours of the morning, dusk night and even overcast days I am forced to stare at the white line in the side of the road. Giant, oversized trucks with these horrid headlights are near perfectly at eye level often times leaving me stunned.

I've had my eyes checked to ensure they're is no damage to them or a condition being developed that's in need of correction. This is not the case as aside from a mild prescription I received a couple years ago, nothing has changed personally.

I've also made mention of the problem to friends and family and ALL agree that it's out of control. My mother refusing to drive at night as well at this point.

It's flat out dangerous to the public and out of control.

October 1, 2024 – Elk Grove, CA – Autism

I attempted to enter a large box store that had installed collections of LED "white" tube lights in the ceiling. I glanced up at these LED lights and immediately felt eye pain. I turned and left the store, knowing that the situation would only get worse if I remained.

October 1, 2024 – Easton, MA – None

There are multiple times, almost nightly, that I would bet my paycheck that certain oncoming vehicles had their high beams on, and I would put on my high beams, only for them to flash their brights at me because I was wrong. I've been driving for almost 50 years and I have always preferred driving at night until the last 5 or 6 six years or so. It just seems as if EVERY oncoming vehicle have the high beams on. I try every trick in the book to not look directly at the lights, to focus on the right side line on the road and I've even purchased a few pairs of night driving glasses. The glasses reduce the glare a little bit, but doesn't help much. Most of the sunglasses I have work, but I can't see the road properly. After an oncoming car passes I have difficulty seeing, have spots etc, that last anywhere between 20 and 55 seconds where I have limited visuals on the road, instead of my usual 100% attention, while waiting for my eyes to adjust. Sometimes after I get to my destination, I realize I have a headache. My first car had two round, sealed beam headlights with incandescent lamps. Only one was functioning and that was plenty of light for me to see and drive. My current vehicle, a 2018 Silverado has more than enough light and projects for what seems like a half mile in front of me. I don't need to see that far down the road!. When I put the brights on, its crazy bright! I don't need all of that light. Things would be a little better if they eliminated to Auto-High-Beam function. Massachusetts drivers complained years ago of the brightness of the State Police emergency lights being too bright, practically blinding you as you were approaching the police cruiser. Eventually after a few collisions and unfortunately injured troopers, they changed the lights to be less intense. I get stressed out when I have to drive at night because of this easy-to-rectify problem with LED Lights being so bright, when they don't have to be.

## **September, 2024**

September 30, 2024 – Westminster, CO – None

Sitting at an intersection with a car on the other side whose lights were so bright that the traffic lights

could barley break through the “white out” effect from LED lights. Multiple people (myself included) flashed their lights at the driver in hopes they would turn them off but instead the driver made them brighter. Even if this person was not on the road with illegally modified headlights I come home every night with so many spots in my vision that I am almost blind and it seems to get worse with every repetition, I fear I might loose my eyesight.

September 28, 2024 – Denver, CO – Other

This report is for many different incidents as I don’t feel like submitting over 500 different incidences. It’s a daily problem, every time I drive I am affected by these lights. There has been times I’ve almost driven off the road because I simply can’t see the road from being blinded. It’s absolutely absurd that this has not been regulated. I get migraines from these lights now, it produces extreme amounts of stress, it has made me dread night driving which I work a night job so I’m kind of stuck dealing with it. I’ve had pedestrians run out in front of my car and I almost killed them because I was being blinded. These are an extreme safety hazard and something MUST BE DONE.

September 27, 2024 – Bar Harbor, ME – Migraine

Have had migraines since youth, worsened by post-concussion syndrome in young adulthood. Construction vehicles, night driving, and even LEDs at pool facilities are intensely disruptive. Most recent example was a construction firm pickup with blinking yellow/white at 6am. Has seared my retinas for days and increased sensitivity to other lights. I already have to live with enough avoidance of crowded noisy places and entertainment venues due to strobes and music- LEDs make avoidance near impossible and driving potentially hazardous.

September 26, 2024 – Idledale, CO – Migraine

LED headlights have ruined my life by being the primary trigger of my migraine headaches. I never had migraines until these awful lights became common place. I can no longer drive at dawn, dusk, or night, and have frequently had migraines triggered by LED headlights during the daytime. I can’t even stand the light from my own LED headlights and wish there was a way to replace them with halogen bulbs. Unfortunately my new car was pounded by hail shortly after purchasing it, or else I’d get rid of it in a heartbeat. When will these dangerous headlights be outlawed. As it is the auto industry and lack of action by Congress has forced me to stay home and limit my activities at night. I consider this discrimination.

September 25, 2024 – Anytown, VA – Other

In night time car headlights are blinding and the state does not allow you to tint windshield.

September 21, 2024 – Shippenville, PA – Migraine

At the dance studio. A parent had suv running outside while child took class. So they were sitting not driving with the headlights on full (low beam). Plus there was this weird strip of running lights wrapped the headlights and the grill. The lights were more white and not as purple as most. So the hit seemed a bit less. I know to not look up or towards the door. I always put up a hand by my eyes to block and avoid grazes. I’ve had troubles with headlights coming in the door historically. In which a seizure was triggered (in front of children). So now I always keep my head down and walk on the one side of the building to avoid the door to the outside. This door is a full see through business type glass. As I walked along the “safe” side of the building. The led headlights reflected off an interior (glass see through) door (it was at a slight angle), and hit me in my left eye, mostly. Part of the right eye. Instant reaction. Blink reflex. Yet

couldn't open eyes. Couldn't walk. Felt short of breath. Almost threw up. Stood in a veg state for several minutes. Couldn't respond to anyone's questions despite hearing them. Slowly I pulled myself back to the world after 5 min or so and was able to walk away. Sat down. Couldn't do any of the work I was working on. Organizing and cleaning the teacher shelves. Etc. Couldn't even finish the task I started. Barely made it through our team meeting. Couldn't think or filter my thoughts and words. I had severe pain on left eyebrow felt like an ice pick stabbed in. Yet felt like a bomb went off in my brain. Pain was so severe. Eyeballs hurt. The clarity of my vision decreased. Couldn't read fine print like I usually can. Left side of my face went numb. Size of my fist of an additional throbbing pain around my eye socket. I got super super super cold. Started shivering and had goosebumps. I have an apple watch. My heart rate skyrocketed at the exact time I got hit. And continued to be high for 20-30 min. But the worst was immediately following the hit. When hit by LEDs I struggle to sleep at night. It's like my brain is soooooo tired and sore but it's wired. Electrified. I can't sleep no matter what I do. Yep this happened. Couldn't sleep well at all. Today I have a massive migraine. The whole left top side of my brain is beyond sore. Can't touch my scalp. My eyeballs are killing me. Left area around the eyeball is pulsing in like mini pulses. Quick but defined. I can't think. I can't come up with the right words. Im so tired. This is all because a led headlight reflected off a glass door.

September 20, 2024 – Raleigh, NC – None

Headlights on newer cars make daytime and nighttime driving a constant safety and health risk. These weaponized devices are a clear violation of my rights.

September 17, 2024 – Easton, CT – Electromagnetic Sensitivity

My neighbor keeps her very strong LED lights on over her garage all night long from 7 p.m. to 7 a.m. and I cannot sit in the room where their light shines into my kitchen area. I feel sick and nauseous. I feel there is a very strong connection with the LED and frequency that is generated by the towers, wifi-routers, smart meters on their home and my home since I cannot have it removed. I place a date in this form but it is daily I am subjected to these harmful energies from the LED. The bright light is a light trespass into my private space.

September 16, 2024 – Kensington, MD – None

I have personally side-swiped a pile of debris on 270 that was jutting into the lane at highway speed that was **\*\*invisible\*\*** because of oncoming LED Headlights almost taking out myself and my family. Luckily it just scraped up the side of my car. On other occasions I have barely seen pedestrians on the street who were completely shrouded in darkness because of the contrast these ultra-bright lights create outside of their dazzling beams. I often find it very difficult to see the road markings or the actual profile of an oncoming vehicle because the only thing visible is the floating white ovals in my windshield.

September 16, 2024 – Shippenville, PA – Migraine

On August 27, 2024, my husband took me to an appointment with a Neurologist/Headache Specialist at the Cleveland Clinic at their Brunswick location. On the ride there I had a few minor hits from LED headlights which caused a migraine. While at the doctors office I was met with LED lights throughout the office. I got a severe migraine and a tingling feeling in my face. It made the visit with the doctor very difficult as I was unable to come up with the right words to describe exactly how the LED lights are effecting me due to the cognitive loss I had from the LED lights. During this visit it was stated by the Neurologist that LEDs are a common trigger for migraines.

September 16, 2024 – Shippensburg, PA – Migraine

I was riding in a vehicle with co-workers as I am unable to drive because of the LED lights. I picked my head up to look around because we were in the woods when the vehicle in front of us hit their breaks and the lights came on and caused an immediate migraine. Note that the vehicle that caused this was a government vehicle. I had an aura and severe cognitive decline that lasted for hours. Also had a numbness feeling on the left side of my face around my eye and nose.

September 16, 2024 – Nashville, TN – Other

I have Mast Cell Activation Syndrome. My body produces an allergic reaction to things that wouldn't normally cause anyone else a problem, including LED lights. My brain interprets the rapid flashing light as if there's something attacking my body, resulting in what we call a "histamine dump." Histamine dumps lower blood pressure. But given I have a condition known as Postural Orthostatic Tachycardia Syndrome, which already gives me low blood pressure, the combination of this condition with MCAS histamine dump causes me to go into hypovolemic shock. It causes the worst pain I've ever known, where my brain is screaming for oxygen and nutrients, fading in and out of being hyperaware of how much pain I'm in only to dissociate from it as a way to protect myself from the mental anguish of that pain. I've almost died from this several times. For almost a decade, I exhibited symptoms of hypovolemic shock at the end of nearly every day, only to be told it was a cervicogenic headache or migraine. Now that I'm diagnosed, I'm on a medication to treat it. But that medication isn't strong enough to counteract the effects of extremely bright LED headlights, let alone LED streetlights. Every time I leave the house at night, I get sick. I'm already disabled my multiple chronic conditions. My life is already limited. I don't know how to live life unable to even go outside at night.

September 14, 2024 – Vacaville, CA – Autism

I was driving at dusk when a fire truck or ambulance suddenly appeared with LED lights flashing. I immediately threw both of my arms in front of my face and hit the brakes to stop the car. I thought that this might be the end of my life. The LED flashing lights are sheer terror and I can't function. After the fire truck/ambulance passed by, I felt like I was going to cry from the emotional trauma. My brain then feels like it's dead even hours later.

September 12, 2024 – Moorhead, MN – None

When driving on roads with multiple lanes last night, I turned my driver's side mirror out and flipped the tab on my rearview mirror because the headlights around me were causing me physical pain and making it nearly impossible to drive. I couldn't see the road in front of me when the headlights were reflecting from the mirrors into my eyes. After adjusting my mirrors, I couldn't see anyone on my driver's side without turning my head, and I couldn't see well behind me in my rearview, but I felt like a much safer driver with those changes because I could actually see the road in front of me.

September 5, 2024 – Keene, NH – Other

Driving down a tree lined road at around 6 PM (dusk) there was a vehicle stopped in the oncoming lane with their lights blinding me. As I slowed down and continued on my side, I saw a headlight blink. That was the only warning I had that there was someone in the road. I slowed down to a crawl, and the driver was out walking around their vehicle with the driver's side door wide open into my lane. If I continued going the speed limit (30 MPH) I may have hit the driver or at the very least hit their open door. I was able to stay calm driving home, but when I got home 10 minutes later and realized how close I came to possibly killing someone (because the LED headlights were blinding me) I had an anxiety attack,

including shortness of breath, racing heartbeat, and a feeling of doom. I already only drive as strictly necessary because of these lights, and this incident further fuels my fear of these headlights causing me to get into an accident.

September 3, 2024 – West Deptford, NJ – Photophobia

This is an ongoing problem. For the past few years I have been unable to shop at the local Shop Rite ever since they doubled or even tripled the amount of lighting above the checkout lines. I get migraine symptoms within minutes even while wearing my tinted glasses and a wide brimmed hat to block much of the light. The lighting is that intense. I get visual distortions, nausea, and the Pain starts in about 5 to 11 minutes (I've timed it)

I can no longer shop at my local supermarket. The manager I spoke to had callous disregard for my condition, and my emails to management have received zero replies of any kind.

Other Shop Rites aren't nearly this bad. The Glassboro location recently remodeled and installed DECENT, HUMAN LIGHTING that doesn't bother me at all. Why can't all supermarkets do this?

There is some financial damage from this: I've been paying the higher prices at Acme because I can stand the lighting, or driving the 16 mile round trip to the Glassboro location just to feel human when I shop, so that's extra gas and miles on my car every time.

September 3, 2024 – Deptford, NJ – Photophobia

I tried to shop at the Five Below in Deptford NJ on Almonesson Road. I only needed one item, I hadn't been in this particular Five Below before. I barely lasted 5 minutes in there before migraine symptoms started, even with the protection of my FL41 tinted sunglasses. The LED lighting is so intense it completely overwhelmed any protection. I was fine when I entered the store, but within minutes I felt nausea and the beginnings of the familiar headache. I had to rest for a few minutes in my car where it was dark, just to recover.

September 2, 2024 – Zwolle, The Netherlands – Migraine

Hello, I am not able to use any screens that use dithering and low frequency of PWM. With in use of a product that use these technologies it will give migraines instantly. I am really concerned of the future because more screens are made with this technology. I have 3 kids and for so long I can't I will not let the use devices that use PWM on low frequency and dithering. It will do damage on the long run. For now there is too low attention for this problem and I hope sincerely that in the near future this will be widely known.

September 1, 2024 – Novi Sad, Serbia – None

Dear FDA Representatives,

I am writing to bring to your attention a serious health concern I have experienced with MacBooks manufactured after 2022. All MacBooks purchased after 2022, including the MacBook Pro M2 Max, cause severe eye pain, muscle tension around the eyes, and migraines. These issues occur when using macOS, with symptoms appearing almost immediately upon using the device. I sustained a severe eye injury during testing, limiting my work time to 40-minute intervals. Even a year later, I cannot work for more than 8 hours a day. Despite consulting several ophthalmologists and specialists in binocular vision disorders, no significant issues were found, and all professionals confirmed that my eyes are healthy. My symptoms disappear when I stop using MacBooks and switch to other devices that do not use Temporal Dithering. There is a clear connection between my symptoms and the use of Temporal Dithering

technology in MacBooks. More information on this technology can be found on the following forum: <https://ledstrain.org/t/temporal-dithering>. As further evidence, MacOS users who managed to disable Temporal Dithering no longer experience headaches or eye pain: <https://ledstrain.org/d/2686-i-disabled-dithering-on-apple-silicon-introducing-stillcolor-macos-m1m2m3>. I am deeply concerned that in the future, I may be unable to use any Apple device, compromising my rights and ability to work.

I urge the FDA to regulate the use of technologies that involve pixel flickering for color display in Apple products. Your intervention is essential to ensure that sensitive users can continue to use Apple technology safely and effectively.

### **August, 2024**

August 31, 2024 – Madison, California – Autism

I was a passenger in a car. As we approached a roundabout, a truck with white LED lights, the circular ones near the bumper, struck me directly. I screamed profanity and began crying. The other 3 passengers all confirmed that the light was excessively bright. For me, however, it was severe emotional trauma. The after effects are very long lasting.

August 29, 2024 – Christchurch, New Zealand – Sjogren's

I was driving and came to a set of roadworks where I had to stop at some temporary traffic lights. I was the car in the front of the queue at the light. There was a worker's utility vehicle parked right behind the light in my line of sight. It had its rapidly strobing lights on. I am unable to function if I look at strobing lights due to neurological and eye symptoms from my common autoimmune condition called Sjogren's (for example Sjogren's impacts an estimated 3-4 million people in the U.S.). I do not have trouble with sunlight or incandescent lights, but LEDs are painfully glaring to me, and strobing lights cause even worse disability. In the incident I am describing I had to block my eyes with my visor and arm, which meant I could not look at the traffic light and I had to wait until the car behind me tooted so that I could know when to drive on. Even then I had to do so VERY slowly as I had to keep blocking my eyes as I went past the strobing vehicle and there was a danger I could hit a roadworker.

August 28, 2024 – Esparto, CA – Autism

I was driving and encountered a utility truck with both sets of headlights turned on. I turned on my non-LED high beams in the hope that the driver would turn off the high beams. Instead, the driver turned on amber LED flashing lights that incapacitated me. I was unable to proceed forward and stopped my car. Instead of driving off, the driver of the utility truck stopped also. My vision and cognitive abilities were severely impaired, with panic setting in. Finally, I started to inch forward, and then so did the utility truck. It seems like the driver was doing it on purpose. After he left, I spent several minutes simply stopped in the middle of the road, trying to breathe and let the panic subside.

August 24, 2024 – Crawfordville, FL – Epilepsy

Hi! I was diagnosed around 27 with epilepsy, cataplexy, and narcolepsy. It is a rare condition. I am now 52. I lost my license to drive at 27 bc I had a grande mal seizure front the sun shining down through the trees and as I drove thru them the light would blink and next thing I had totaled my car. I noticed that the sun was a problem to me around the age of 16. Wearing sunglasses doesn't really help much. I am very sensitive to the light. My favorite thing to do is shop. The LED lights in the stores have now even made it to where I can not shop if they have the newest led lighting. I know what stores to avoid It will

actually make me very sick if I go into a store w led. I'm not sure to tell you if I am shaking but I do know I get very confused and I will pouring with sweat. It almost paralyzes me. I can barely move or walk. I recently was in Big Lots where I had my last episode less then a week ago. I'm begging someone to listen. I will even have my mom record an episode and send it to you. Many people are affected by this. I want to be the voice that gets heard. I am literally begging to make this lighting go away so I can safely buy groceries.

August 23, 2024 – Monroeville, PA – Autism

I am unable to focus when I drive at night due to LED headlights. I had zero issue driving prior to their introduction. Even during the transitional hours of morning and evening sometimes these headlights are too bright. I am blinded to the point that I see afterimages of the lights in my eyes even without directly looking at them as if there were many tiny suns on the road.

August 22, 2024 – Rocklin, CA – Autism

LED headlights, along with increasing levels of aircraft noise, have literally taken away my ability to live independently.

I was diagnosed with high functioning autism when I was 17 and one of my symptoms is a high sensitivity to light and noise, which is common among autistic people.

I worked as a mechanical engineer in the San Diego metropolitan area for about 3 years after graduating college in 2020. During that time, I was with a long-term girlfriend and was even living with her for the last year of my time there. While living in San Diego I was getting more and more anxious and overwhelmed to the point where I wasn't able to function enough to keep my job or be a good partner with my girlfriend. Eventually, I had something akin to a nervous breakdown and I am now living at home with my parents and working at my local grocery store (thank god I have loving parents who are willing to help me out).

I believe that the exponential increase in recent years of both LED headlights and ceaseless air traffic over residential communities were the main cause of my anxiety. As an autistic, I need to live in an environment that's a sensory safe space (dim and quiet) so that I can recharge from the stimulation of a full day in the hustle and bustle of life. When there's aircraft noise penetrating my room and LED light every time I drive, there's very little break from the overstimulation. If I'm not able to get this recharge time, the sensory overload causes a cumulative effect, and anxiety builds in me.

While living with my parents, in an area with much less air traffic, I've been able to work reduced hours and limit my nighttime driving. I'm starting to see my mental health improve. However, I still have to be careful not to drive for more than 15 minutes or so at night and I mostly have to stay indoors where I can control the lighting and noise levels.

I used to love exploring at night. In fact, I would often go out during the nighttime because this was when the noise of the city quiets down and I feel more comfortable. It's not fair that the world is taking this freedom away from me by creating an unnecessarily harsh environment for sensory sensitive people. I also used to love camping for similar reasons (it was an escape from the noise of the city), but the proliferation of aircraft have taken this escape away from me as well. I have done a lot of

brainstorming and can think of several ways that we could make our world more sensory friendly without significantly reducing quality of life for neurotypicals, such as reducing brightness / adding diffusers to LED lighting, enforcing common sense vehicle noise laws, and creating no-fly zones over designated sensitive areas.

August 19, 2024 – Marietta, OH – None

I work mornings mostly, which means I'm on the road when it's dark out. Every led that passes me or gets behind me blinds me. Most times I have to stare down at the middle line to make sure I'm still on the road. Even dark dirt road my cars yellow brights work just fine. There's no need for someone to light up the whole state of Ohio

August 16, 2024 – Middlefield, OH – Migraine

I went to my bank while it was closed on the weekend to get money from the ATM, but there were so many LEDs that I had difficulty making out the buttons, I felt disoriented, and quickly started to have pain in my eyes and head, resulting in a low grade migraine. I had difficulty responding to the passenger with me in the vehicle and making quick judgements while driving afterwards. I had a headache the rest of the day and into the next day after the couple of minutes at a machine to access my funds.

August 15, 2024 – Round Lake Park, IL – Photophobia

I have had glasses since I was 10 years old and am now 31. After reaching my 20s my eyes leveled out and my prescription did not change for over 6 years. In the past year and a half I have worked from home on a computer. Between computer screen and the blue LED headlights my prescription went from -3.5/-3.75 to -4.25/-4.25. Even more recently for 2 days my left eye experienced a 'halo' effect when looking at lights that worsened at night. Thankfully it went away after a few days, but 2 ophthalmologists couldn't determine the cause. Driving at night is an increasing hazard due the brightness headlights, especially the LED ones. There does not seem to be any regulation on how bright headlights can be and all the LEDs make it difficult to see the road when there are oncoming and they leave a lingering effect on my eyes after they've gone. I have order my new prescription with blue light filter lenses to lessen the effect of headlights and screens. Those special lenses seem to range anywhere from an additional \$30 to upwards of \$100 on top of the cost for the frames themselves. And that was on a cheap website like ZenniOptical.

August 14, 2024 – Goodyear, AZ – Migraine

I have migraines that get triggered from bright lights from light bulbs and sun glare. I used to be safe from this affliction at night, but that hasn't been the case ever since LED headlights have become popular. I now feel that I have to wear sunglasses at night as well as during the day to avoid what feels like the unabated light of the sun from traffic from the opposite side of the street or from trucks who tailgate me for not going 80 mph on the freeway. I am essentially left blind and with a burgeoning migraine every time a passing car shines their lights at me, and I am certain I am not the only one who suffers from this.

August 12, 2024 – Queen Creek, AZ – Electromagnetic Sensitivity

My wife started to develop dizziness every time she would go inside of a newly opened Costco near our home. When she would arrive home, she would be nauseous and have to rest for a while. Now, she struggles to go there alone because of how being in the store makes her feel, and usually needs someone to go with her. The lighting in the store is the bright white LED type. Very agitating to the eyes.

Not sure if there's other factors at play, by the lighting is definitely an assault on the eyes. When I go in there, I'm in and out pretty fast because the lighting is so stressful.

August 9, 2024 – Jefferson, OH – Other

I have worked with injurious light emitting devices for 15 years. The act of being forced to look into high powered led arrays has been a continuous thing for me and at least a few other people at work. This has increased to a ridiculous glaring issue, and nobody seems concerned about. I became more interested in all of this recently when i noticed a sort of hole in my vision where if I look at something for a few seconds it just starts to go black. A common daily routine for me involves taking measurements thermal and electrical measurements of several very high powered lights in the space of a meter that output 72,000 lumens pointing up at my face, my face is less than 2 feet away. I was not given proper PPE and had to ask for it, then i received improper ppe, and by way of my own ended up using a shade 5 ppe for welding.(which is still not good enough because the stuff hurts my eyes also there appears to be zero science in choosing the right ppe for staring into injurious light) I am confused about what ppe to use for reading meters while viewing intense light. I went to the optometrist, and he claimed my eyes did not seem damaged, suggested i am experiencing some sort of photo bleaching and said that they will be damaged and he recommended that the company i work for should seek a safety hygienist. But like i said stuff disappears if i look at it for a few seconds a plus i seem to experience mental problems while being around these intense lights. I have read through all the regulations and shortcomings of various federal regulatory bodies and i just don't know where to start besides letting the safety coordinator person know my problems. I have not done that because i want to make a clear case and show everyone what is really wrong. That and i don't want to end up being ignored or dismissed.

August 7, 2024 – Knoxville, TN – None

Excessively bright, unshielded lights are being set up over the city, some residential, some commercial. Despite being against code, the City does not effectively address the issue. Lights close to my home leave me and my neighbors blinded to own properties, as well are problematic for drivers. I am literally unable to look across my lawn when they are on, as the glare is blinding and painful to my eyes (I have no eyesight issues), meaning I cannot see anything. They're also an ecological catastrophe. It is unbelievable these lights have gone unregulated this long.

August 7, 2024 – Valley Stream, NY – None

LED headlights are incredibly irritating and they've become far brighter than is necessary. Not only are they absolutely blinding in some cases but they're DISTRACTING, and I can't imagine what could be worse on the road. Headlights should be sufficient and shouldn't pose an issue for other drivers. The fact that they do risks lives every day!

August 6, 2024 – Winters, CA – Autism

I was driving on a country road in the daytime. Over 1 mile ahead of me was a utility truck on the side of the road with amber LED flashing lights. For the entire mile, I was either glued to these LED flashing lights, or forcing myself to look away. As I approached the truck, the LED strobe lights were overwhelming and I could not see through the lights. I stopped my car in the road and started to panic. I put my hand in front of my right eye, and then tried to use my left eye to navigate around the truck. It is impossible for me to think or see with these LED flashing lights blasting me and I suffer extreme anxiety and panic.

August 6, 2024 – San Diego, CA – Other

Honestly, this is an issue I must deal with EVERY time I have to drive at night! There are far too many outrageously and dangerously bright headlights that blind me and so many others I know. Whether it's headlights that haven't been positioned correctly, or large vehicles beams that shine directly into my review and side mirrors, either way it's awful! In order to drive without being blinded nonstop, I must flip my review mirror up, and use my left hand to block my drivers side mirror. This GREATLY reduces my safe usage of these needed tools, but I have no choice. I either do these things or be completely blinded by these eye scorching beams. I can recall when there were warnings against looking into these LED beans when flashlights started using them, and now, we are forced to be blinded by them WHILE DRIVING!!!

August 6, 2024 – Culver City, CA – Other

I have to hold one hand w/ a newspaper, and bring down my visor, the rear view & side mirrors to block all LED headlights. This makes it very difficult to see any traffic hazards. If the light does hit my eyes, i get a piercing pain back to my optic nerve worse than a migraine.

August 5, 2024 – Beaverton, OR – Migraine

Poorly designed LED lights impact my health severely. Flickering LED lights induce migraine headaches, and this affects my health nearly every day. Overly bright LED headlights and street lights impair my night vision and make driving more dangerous.

August 5, 2024 – Bradford, England – None

I walk my dog along part of a busy road, the car LED lights are so bright coming toward me that one night I did not see a bramble which hit my face leaving blood running down my face!

August 4, 2024 – Spokane Valley, WA – Epilepsy

The use of LED lights in public spaces has and continues to become a more and more serious issue as more and more are being used and lights are being switched to this. In department stores like Walmart, I can only be in there for about 10 minutes max and it sets off my epilepsy. I get nauseous, and dizzy and begin to have auras. I have to immediately go outside to natural light. They are being used as street lamps and at night with it already dark outside, it makes them that much more awful for people like me. They are being used in headlights and I made a serious note of this when my son and I drove to Denver and back from WA. If there was oncoming traffic at night and older cars with older style headlights, there is no issues driving at night. Sure they are bright and you always have a little of that bright headlight thing going on, but those new LED headlights are just obnoxious beyond belief. Not only are they bright, but when you get a row of them and you have epilepsy – they flicker, and some flicker noticeably because when it is temperature change ie colder they seem to have an issue and cause flickering. As a person with epilepsy you only have the instinct to close your eyes and you can't because you are driving the car. Same with going down a street light with LED street lamps. And while I get that if you have epilepsy and they say don't drive. I CAN drive, and DO have my license and it is unfair to me to take away my license because of some light bulbs!!!! When I am otherwise allowed to drive. In my recent drive to Denver and the flickering head lights – some were almost to a point of flashing like an emergency vehicle. How on earth is that even safe for any driver encountering that in the dark at night? It is visually distracting like a strobe light.

And then finally – I can not even have lighting in my own home or my office any more. You have completely gotten rid of any light bulb that a person with epilepsy or a person with strokes etc can use

in their own home and using those ones that change the lighting tone from natural lighting to bright lighting really doesn't help sorry. So what do you expect all of us to do? Go back to only lighting our houses by candlelight? You, as the FDA need to LISTEN! I am in architecture and interior design, I am well aware of design and lighting. This is a very REAL issue that needs to be looked at. It is a health/medical concern. My mom recently had a serious of mild strokes, and upon researching it since I have epilepsy – I discovered that strokes including decreasing blood flow to the brain CAN because by LED lighting! Before this is dismissed as a whim, you need to actually look at this. It is a real problem. If I go in to Lowe's or Home Depot in their lighting section I can last about 2 minutes and I have to go running out of there and want to throw up it is so bad. I used to love their lighting section – even just a couple years ago it was still ok because not all the lighting had been switched out yet – there was still a balance. Today I can make it about 2 minutes – you want to tell me that is not a serious health concern? I am just one person out of millions with epilepsy, strokes, migraines..... This effects a lot of people – not a handful. On my same adventure drive to Denver the other day – we stopped at hotel and stayed the night. When I came to the reception counter, the woman behind the counter had the lights above the counter area turned off. So I asked her about it and told her I had epilepsy and just wondered if she did and that's why she had the lights off. She told me that ever since the hotel had switched to the new lights, she can't keep them on any more. that she had a car accident and now had a serious stigmatism that caused her migraines. The new lights make it so bad she gets sick and can not be around them at all so she had no choice but to turn off the lights just to be in that space. The FDA needs to listen – it is a REAL problem! Thank you

August 4, 2024 – Kittitas, WA – Astigmatism

I have had to stop my car entirely when driving at night because the lights were so blinding. I literally can not see and choose to stop my car in the middle of the road for everyone's safety. I don't have this issue with all the headlights. For some lights, I do use my hand to shield my eyes from the headlights. I had to do this over the weekend once again. I have noticed that when I use my hand to shield my eyes I feel heat on my hand. This weekend's incident stood out because I had the a/c on in my car and I could still feel heat on my hand from the on coming headlights. I have also noticed that my left eye, the eye that gets the most direct LED light, has been slowly getting worse.

August 4, 2024 – Webster, MA – Migraine

When the migraine sets in after just ONE oncoming LED vehicle I have much trouble focusing my eyes back on the road. Especially on darker back roads which I travel to work on in the early morning and also have trouble focusing at work.

August 3, 2024 – Riverside, CA – Other

Retinal retention where bright lights blind and the retina holds the image

August 3, 2024 – Greenville, SC – None

Because of super bright LED lights, I can no longer drive at night. My eyes are very sensitive to that horrible brightness and I had to change my life around this problem. I had to look for a job where my schedule is not ending at night. How can this be allowed? All of you know that this is wrong. WHY?

August 3, 2024 – Onsted, MI – Astigmatism

Led headlights (low beams) , white led running lights, LED brake lights, emergency flashing Led lights and Led streetlights have adversely affected my ability to drive safely. I do not drive at dusk or Night

anymore unless I have to ( for work). I live in Michigan with snow covered roads and the most dangerous aspect of driving is being blasted by someone's Led headlights. I cannot use my read view or side mirrors anymore because of the vehicles behind me blinding my visions with their Led headlights. I have to constantly shield my eyes to be able to see the road due to oncoming Led headlights. I love nature and now my ability to enjoy the Night skies is ruined because of bright Led lights on at night. I never had any problems driving at night prior to Led headlights. Now driving has become a nightmare and a very dangerous task. Led headlights should be banned or at least some type of regulation regarding luminance and Kelvin temperature. Many Led low beams are much brighter than halogen highbeams. In addition to the dangers of led headlights being dangerous, they cause me headaches and eye pain. It's common knowledge that blue light is detrimental to the health of humans and don't understand why this type of lighting is being used in the public.

August 3, 2024 – Portland, OR – Other

A few years ago I was driving on Hwy. 211 in Oregon near Molalla at night when I encountered a pickup truck with LED (BLINDING!) lights headed toward me. The glare caused me to be blinded to my lane from the oncoming LED lights, and there was a deer I did not see until after the pick up truck passed. That was too late. Although I was not hurt, the deer could have crashed thru my windshield; I have seen this before. My car was "totaled".

August 3, 2024 – Fountain Hills, AZ – None

Apparently the plan to get drivers off the road is working with the BLINDING LED vehicle headlights. The police LED flashing lights are SUPER BLINDING.

August 3, 2024 – Canaan, NY – Astigmatism

The LED headlights are a hazard. I'm still fairly young and have had to give up driving at night completely due to how unsafe it is getting blinded by them and not seeing the road for several seconds afterwards. I, like millions of others, have astigmatism in one eye, but I also have had migraines triggered by these lights, even during daytime driving from drivers with headlights on! My optometrist and doctor's office staff have stated that many other patients report similar issues. The internet is full of forums with people complaining about these lights, and their accounts are very similar – if not even worse – than mine. It's astonishing and reckless that these lights are being inflicted on the driving public!

August 3, 2024 – Bellevue, WA – None

Interestingly, I believe this is also an issue for people with very good vision and not wearing glasses like me. The lights can focus very well onto my retina and make me uncomfortable looking forward at night, but how can people safely drive cars without looking at where the car is going? Due to the strong headlights in new cars, I simply avoid driving cars at night now.

I live in Greater Seattle Area where it's mostly cloudy over the year, and the sun sets very early in winter. Some of these LED headlights are so bright, it's even a pain for me driving around noon during day time. As a paradox, Daytime Running Lights should promote road safety, but they do act as a safety hazard on some cars now. This video should demonstrate my point well:

[https://www.youtube.com/watch?v=s4Ws0\\_yiXg](https://www.youtube.com/watch?v=s4Ws0_yiXg)

Thanks.

August 3, 2024 – Rochester, NY – Astigmatism

LED lights have caused a multitude of problems for me since their general use. I'm blinded by LED headlights making it impossible to see after they have passed. LED lights in and on public buildings have resulted in headaches and migraines. LED streetlights makes driving difficult as it does not give diffuse light pole to pole. LED streetlights in a snowstorm create a dazzling reflection making orientation of the road impossible. LED strobes on emergency vehicles, construction vehicles and personal vehicles have induced seizure type symptoms. Driving at night and being exposed to LEDs cause sleeplessness

August 3, 2024 – Acton, MA – Sjogren's

Having Sjogren's makes it extremely difficult to see with oncoming cars with unregulated LED headlights. They make it impossible to maintain any degree of driver safety. I must focus on the right edge of the road to be certain there are no pedestrians walking on the side of roads in the suburbs and country. Leaving the left side of my car exposed to the driving skills of the offending driver, which does not follow the defensive driving skills I was taught and use whenever I am in the driver's seat.

The other issue I encounter are the extremely bright blue LED lights on police cars when I approach the scene of an accident or when they pull a car over for a driving incident. Even when driving at 2-5 miles an hour to be cautious not to hit anyone I cannot see what's in front of me. Their blue lights put me at risk of hitting a pedestrian even when driving at 2-5 mph.

Why should my passengers and my safety be put at risk because of unregulated LED lights? If it has not already happened, this will lead to many lawsuits with the automotive manufacturers throwing the weight of their legal teams defending themselves when the regulation of LEDs would have prevented the injuries and loss of life.

August 3, 2024 – Chicago, IL – Photophobia

EVERY DAY BLINDED AND SEE SPOTS VISION IS DECLINING EVEN IN DAYTIME!!!!

August 3, 2024 – Austin, TX – Other

I have early cataracts. The LED headlights blind me, whereas halogen lights do not impair my vision at all. At a minimum adaptive driving beams should be required in the US like they have been used in Europe since 2012.

August 3, 2024 – Fresno, CA – Astigmatism

Why do we have dimmer switches on our cars' headlights if intensity doesn't matter?

As a person with astigmatism I just had a conversation about these lights at my ophthalmologist's office as several of the office staff were nearby and joined in. All agreed these lights are so blinding, especially to those with astigmatism, and it creates a driving hazard. We all opined that they need to be regulated because they said they see problems with them across the board with their patients and in their own lives.

I'm also very photosensitive and have to look away from those oncoming lights to not be blinded by them. Should you really have to take your eyes off the road to drive? Does that make any sense?

Again, why do we have dimmer switches on our cars headlights if intensity doesn't matter?

August 3, 2024 – Hamilton, MA – Astigmatism

Like myself, millions of Americans have astigmatism that makes it difficult to drive at night. LED lights from oncoming cars, esp on 2 lane country roads, make it almost impossible to navigate safely when coming home from work in the winter. I have almost driven my car into a lake after being momentarily blinded by this kind of headlight. While good for the driver who has them, they are DANGEROUS for everyone else using the roads at night. Thank you.

August 3, 2024 – Fort Collins, CO – Other

At 74 and having cataract replaced and it is nearly impossible to drive safely with the blinding blue white glaring LED lights. It is so distracting and frustrating I lose my concentration to drive properly. The lights seem to bounce up and down with a blinding flashing impact. Even police vehicles red and blue flashing on the side of the road are so blinding it is difficult and unsafe to go around them. I can't see what is in front of me. The contrast from dark to blinding flashing lights is too much to see what's in front of me.

August 3, 2024 – Chicago, IL – Astigmatism

Bright LEDs make it hard to drive at night. It's blinding and unsafe for me and the public. Sometimes sunglasses help but I shouldn't wear those at night

August 3, 2024 – Hinsdale, NH – Photophobia

I absolutely can't look straight ahead and watch the road when an oncoming car with LED light comes toward me. I actually turn my head to the right a bit so as to not get blindness. If I do look at them, I see dark spot in my vision, just like a dark shadow that blocks the road. I also get migraines and have come home from driving at night very upset because I realize my migraine is most like due to the bright lights. I have to limit my driving at night unless it is necessary. It is a danger to me and others to be on the road at night. Please help with this scary situation.

August 3, 2024 – Yonkers, NY – Migraine

Headlight blind me. I cannot go out at night even for dinner with friends without being blinded and triggering migraines. I have better than 20/20 vision and these newer headlight blind like the older ones never did. They really limit my quality of life. I went out for dinner with friends in the evening in July and was so blinded on the way home that I barely got home. I got a severe migraine lasting several days.

August 3, 2024 – Glenville, GA – Migraine

They make me have stroke symptoms every time I am near an LED light of any kind

August 2, 2024 – Portland, OR – Photophobia

I am 40 years old, and I cannot see at night when faced with LED headlights (can see fine when they are not present). I have been told by 4 eye doctors that there is nothing wrong with my eyes and I have no condition to warrant a diagnosable handicap. Because I cannot see at night, ESPECIALLY in the rain (here in Oregon we get 9 months of rain per year), I am forced to get rides from others or not drive at all at night. This significantly impacts my job opportunities and my income potential. I am incredibly stressed

out because of this and do not understand why no government agencies are taking action on this problem. I plan to pursue further lobbying activities or and/or legal action.

August 1, 2024 – Mangonui, New Zealand – Migraine

After accidentally (I have to avoid exposure to the direct beam of the LED) viewing a small but powerful security light for less than a second, I had to violently throw up for up to two minutes at which point I lost consciousness and fell to the concrete floor and hit my head. I woke in a pool of blood and further vomit. The security light has been turned off so I am safer in my home but unable to go anywhere with LEDs safely. I am now registered disabled and struggling to maintain my work which now has to take place at home. I have had several severe episodes where they have caused me to have seizures that can take months to recover from. I now experience up to 3 led induced migraines as opposed to once every three months prior to the roll out of LEDs. If I look briefly look directly at an LED it damages my vision and I am left with spots in my vision for hours to days. If spending time in spaces lit by LED I can find it hard to think clearly, I am unable to speak clearly and cant remember words. this also happens when I have a migraine with aura set off by a strong LED. My life has changed in every way imaginable since they where rolled out in my location around January 2021.

August 1, 2024 – London, United Kingdom – Other

Council lawnmower with flashing LED lights drove past me while I was walking along the road. I felt immediate severe head pain, nausea and discoordinated, and fell into the roadside ditch. I then vomited, climbed out with blurred vision and pounding head.

## **July, 2024**

July 30, 2024 – Federal Way, WA – Other

LEDs cause me so many neurological symptoms brain fog, anxiety, depression, OCD, headaches, ghosting (ex. When looking at led tail lights and looking away I see them but it's a ghost appearance that's green) , lose my place when talking, visual accomdation spasm trigger, disconnect feeling, nausea. It's been a nightmare with LED lights. Some are worse than others.. especially ones using PWM as their brightness control which induces flickering. Car headlights are the WORST. I can see the flicker of most led headlights it's very uncomfortable.

July 24, 2024 – Blandon, PA – Other

I had an LED come downhill at me with high beams on while I was driving. Despite having light blocking glasses on, and being in my car behind my windshield, I still managed to suffer a temporary vision injury. For several minutes following the car passing me, I had a GIANT hallucination of an oval of light, with regular sight in the dead center, in both eyes. It was my first time experiencing this, and after the second minute I had begun to think it may be permanent. The experience was terrifying, I was over an hour from home, and so emotionally distraught on top of the vision impairment that it was difficult to maintain stable driving.

July 17, 2024 – Sacramento, CA – Autism

I was driving on the freeway in the slow lane, when a tow truck in the fast lane ahead of me suddenly turned on LED strobe lights on the top of his struck. It felt like a lighting bolt when through my body. I instantly closed both eyes and felt like I should drive off the bridge.

July 16, 2024 – Albuquerque, NM – Migraine

When I am too close to these white LEDs, I tend to get a large, massive migraine and then I start to lose control of my senses. I become extremely quiet and my friend that I stay with has been noticing that I would act strange and also tend to get a little violent with him. Again, I have NO control of my senses when I am TOO CLOSE to these bright lights! I end up basically not remembering anything and my friend is telling me like, “why were you acting like that??” And I first did NOT know what was causing the problem, until I figured out that when I am REALLY CLOSE to these white LEDs, I tend to start getting that migraine and then lose complete control of my body! I currently am staying with my friend and where he lives, the city is refusing to take matters of these issues that SOME of the residents are experiencing SIMILAR symptoms. My friend who is Autistic will get really painful migraines! And he’ll take WAY TOO many painkillers to try and stop his headaches. Before the city of Albuquerque changed their streetlights to white LEDs, my friend and I have had NONE of these issues. After a few months of these leds being installed in the city, Me and my friend had started to get these strange symptoms and they have only gotten worse! I’ve personally contacted the state and city’s legislature and administration regarding this problem. BUT they don’t want to do anything about the problem! My friend has contacted the whole state PLENTY of times explaining that this is extremely dangerous, but again, they do NOT want to do anything about it! I’m hoping that somehow, we can make Albuquerque replace their led white lights to a softer light like, 2200k HID LEDs and also MAYBE some LED VAPOR lights! I hope you can help force Albuquerque to do this!

July 15, 2024 – Albuquerque, NM – Autism

I am Autistic and have a sensitivity issue with BRIGHT LIGHTS. My city has changed their streetlights to LED 3000k and 4000k lights from streets to parking lots. Ever since these lights were installed, I have been getting constant migraines and large headaches multiple times a month. My city is REFUSING to do ANYTHING to bring back ANY form of AMBER streetlights. I’ve contacted the city AND state A LOT! And they won’t do anything. I’ve even tried contacting the DOT of the state and he won’t even be much help. My city continues to IGNORE my concern and also continues to install these WHITE LEDs. I’ve tried EVERYTHING I could to help my city but they won’t do ANYTHING. I hope I can FIND a way to FORCE my city to bring back these AMBER AND VAPOR streetlights back! My city had installed these lights back in 2019 and I’ve done EVERYTHING I could to try and make the city understand that these lights are TOO BRIGHT, and I CANNOT continue much longer going to bed every night and waking up every day with a LARGE MIGRAINE that causes me to even become DIZZY at times! I hope you can help me fight this issue in my city and FORCE my city to bring back AMBER AND VAPOR streetlights! Thank you for reading this!

July 9, 2024 – Woodland, California – Autism

A fire truck came down the street with LED strobe lights. The strobe lights caused me to suffer psychological trauma which lasts for hours after the incident.

July 9, 2024 – Mangonui, New Zealand – Migraine

While traveling in the passenger seat along the state highway felt sudden thunderclap pain to the left occiput passing three flashing LED lights on three diggers repairing the road. My left eye began to stream, my speech became slurred, then dysaesthesia to the left side of my face and arm occurred. I felt as though I had a concussion. The symptoms of this hemiplegic migraine event resolved gradually over a three day period.

**June, 2024**

June 29, 2024 – Hillsboro, OR – Other

My partner and I are blinded by LED headlights that drive behind us these days. It is getting worse. WE ABSOLUTELY HATE IT!!! It's unsafe and poses a safety hazard. LED Headlights are basically high beams. At least "high beams" have regulations on when they can be safely used.

June 21, 2024 – USA – Autism

An individual contacted the Soft Lights Foundation to report thoughts of suicide due to repeated exposure to blue-rich LED lights such as vehicle headlights. The neighbors called the police who came out for a welfare check. The police stated that only the city council could do something about the LED lights.

June 14, 2024 – Havre, MT – Other

The Bureau of Reclamation, a federal agency, is conducting a three-to four year construction project near our home. They are using high-intensity LED lights on the site. Our home is over one-half mile away from the site and 100 feet higher in elevation but the construction lights are projecting into our home, lighting it up from end to the other, and have been doing so since the summer of 2023. We have been asking them to modify their lights since August of 2023. When I started having daily migraines in December of 2023, we started blocking some of our windows with cardboard, but the damage turned out to be far worse. A few months ago, my husband was diagnosed with a sudden and drastic change of vision in one eye which alarmed his ophthalmologist, who was unable to find any physical reason for the loss of vision.

June 12, 2024 – San Tan Valley, AZ – Migraine

It literally feels like it is burning my retinas. I no longer feel safe driving at night. It's not safe for me or others. I don't know what to do. I feel like I'm going crazy.

June 12, 2024 – Tampa, FL – None

I recently visited a local establishment for lunch and every single one of their lights had 5000k (maybe even higher) bulbs in their fixtures. The color wasn't the only problem, but they clearly used some cheap bulbs with a very low CRI and a terrible flicker rate.

I'm normally not \*that\* sensitive to bad lighting, but this place in particular immediately triggered a full migraine and a feeling I can only describe as nauseating. I looked up pics on Google maps and years ago this place had nice warm lighting and used Edison style incandescents. Makes sense that I had no ill effects the last time I was there.

June 8, 2024 – Brantford, ON, Canada – Photophobia

I am blinded by LED headlights while driving. This is extremely unsafe. LED headlights should be banned.

June 5, 2024 – Escondido, CA – None

As I walked into my local Costco, I was assaulted by an LED demonstration light. Immediately I got a headache and my vision turned blurry. Even after getting past the light, the effects lingered. As I walked down the first aisle, another demonstration light hit me, with the same result. I spent the rest of my time shopping under duress. I spoke with Jose H., the membership manager, and explained how dangerous those lights are, especially to people with neurological sensitivities, that they can cause

seizures and worse, and requested that they be turned off. He said he couldn't do anything. He would have to confer with the corporate office.

June 5, 2024 – Doylestown, PA – None

The LED lights are like Searing Laser High Intensity Lights that BLIND the drivers visibility and harm my eyes with pain and headaches. There is no avoiding them, I find I have to shield my eyes anytime one of the LED vehicles come toward me on the road. It is Impossible at night to drive and extremely difficult during the day I suggest going back to a softer headlight and putting an AMBER shield on vehicles that have LED lights to soften and stop the blinding that they cause or best go back to the softer traditional lights. It is IMPOSSIBLE to drive at night and will eventually lead to burned out retinas and macular degeneration with this constant blazing brightness directly in the drivers eyes.

June 4, 2024 – Petrolia, CA – None

At night when an oncoming car or especially truck has LED bright lights, I stop right where I am. I can't see to move forward lest I drive into the oncoming vehicle or drive off the road, hit a tree or down a hillside. This happens frequently in the rural areas. In town, I cannot see pedestrians or even signal lights when the headlights are aimed at me. It makes all the other features like crosswalks and parked vehicles disappear. Certain headlights are a danger and I'm glad I haven't had an accident from being blinded by them.

June 4, 2024 – Cumberland, MD – Migraine

I have spent many hours trying to block the harsh alien light that floods our house since the LED streetlight has been installed in front of our house. It is summer now with leaves on trees. The light will be even more intense and be on for longer times in the winter. When I step onto my porch in the evening I am blinded by the LED streetlight and it is difficult to leave the porch without the risk of tripping on steps. I no longer take evening strolls because of the blinding glare on our streets. When I do walk at night, I get red spots in my vision and suffer headaches. I have had several panic attacks while trying to sleep. I feel that these have been triggered primarily by the oppressive feeling that my home and home life has been severely impacted and there is nothing I can do about it.

June 3, 2024 – Oakland, CA – Other

blinded by oncoming headlights and totaled my car (1-17-2024)

June 1, 2024 – Fairfield, CA – Autism

During the day, I was driving a vehicle on a freeway when I struck by an LED flashing light from a bicycle on a parallel road. I reactively closed my eyes and then suffered a seizure reaction, which I would describe as like an electrical shock and loss of cognitive functioning and vision. I then had to emotionally fight off a panic attack.

## **May, 2024**

May 31, 2024 – Logan, UT – None

Our city has a 'suggested' policy of dark sky compliance where often they will cheap out violating EISs for various road projects. I successfully had a 'cobra' style HPS light typically used at interstate interchanges removed from near my home due to light pollution. Now on the street the rest are being

phased out for Dark Sky Compliant (DSC) LED lights and it is a wonderful change. The light is diffuse, lights up the sidewalks, and has minimal spill onto homes or the street. A new hotel has been built across the street from us and the owner incorporated Dark Sky Compliant LED lights in the parking lot and surrounding and it is only slightly more bright at night than before, and it is safe for the hotel guests. I'd recommend making formal comments to Beaverton City to mandate future construction to be DSC and incentivize retrofits to meet DSC. Glaring lights are only slightly less annoying to me than sound pollution, but I've worked with our city to address both.

May 30, 2024 – Jaffrey, NH – None

Being the director of a public library which offers evening hours, I regularly need to drive the 1/2 commute home in the dark. I also help care for my 93 year-old father, which again requires night driving. I am not elderly, do not wear glasses, and just passed the vision portion of my driver's license renewal. I have no health issues that would make night driving difficult.

The new LED headlights have made night driving extremely dangerous for me and by extension, anyone else I encounter on the road. I am literally blinded by the headlight intensity of both the oncoming traffic and the cars behind me if they have LED headlights. I studiously attempt to not look at the oncoming cars with LEDs, which means I don't have full visual scope, but as I live in a rural area, cars can come from around corners or over hills before I know where exactly to focus my eyes to avoid direct contact; thus I am constantly dazzled. If I accidentally have even a momentary direct eyeline contact with LED headlights, I have a blinding afterimage that lasts for several hundred yards. There are no shoulders on the rural highways I travel, so I cannot pull over until my blindness passes (and I would have difficulty seeing the shoulder after exposure anyway). If a car behind me has LED headlights, the glare in my rearview and side mirrors can interfere so badly with my ability to see that I sometimes have to turn all the mirrors away so that the glare is targeted elsewhere—very dangerous, if not illegal. The LED light from the car behind me is so intense, I could easily read a book if stationary. I have begun wearing special yellow glare-reducing glasses to drive at night, but as they reduce and darken my overall vision, this is risky.

I cannot cease driving at night if I wish to remain employed. I cannot cease driving at night if my father is to continue to receive my care. I don't wish to cease driving at night and limit my ability to freely live my life simply because all new cars have ridiculously blinding headlights. The invention of LED headlights has created a real problem in my life, and the danger of an accident is real. There doesn't even seem to be a justification for their widespread use, which is additionally maddening.

I have limited my comments to the issue of safety re LED headlights. In other areas, I also find LED light has reduced my quality of life (I can no longer see the night sky due to neighbor outdoor LEDs, etc.) and am outraged that I am given no choice in the matter of home lighting. For decades, I have line dried all my laundry in an effort to energy-offset my continued use of incandescent lightbulbs. Now it is illegal to sell incandescent lightbulbs and I am consigned to having to spend every night hour of the rest of my life illuminated by light that feels like nails on a chalkboard to me. That rant can wait for another day.

Please take complaints regarding LED headlights seriously. They are TOO BRIGHT. How many accidents will need to happen before this is addressed? I know I feel like an accident waiting to happen unless I cease driving altogether, which is not an option and shouldn't have to be.

Thank you.

5/30/2024 – Brighton, England – Migraine

My life has been devastated by LED lights. I am severely triggered by LED lighting, especially car headlights. I experience extreme migraine for up to 2-3 days after looking at a car headlight or a LED strip light, depending on duration of exposure. LED panels in shops, buildings and street lights make me very ill also.

I can be vomiting for 6 hrs or more after exposure and have severe head pain, weakness and complete disability. Consequently I am now pretty much housebound and excluded from all social activities, travel and work. I have tried all the blue light blocking glasses but it is the FLICKER that is the trigger. In the same way strobe lighting affects people with epilepsy.

It is totally unacceptable that so many peoples lives have now been pretty much ruined by ubiquitous LED lighting.

5/28/2024 – Kuala Lumpur, Malaysia – Photophobia

Instant trigger of chronic migraines. Can't even function at all.

5/28/2024 – West Springfield, MA – Other

Driving home at night from visiting my daughter and grandkids, my partner and I who are in our late sixties were constantly bombarded by LED lights. He was behind the wheel while we both kept aware for the usual zig-zagging speeders and with warm weather, motorcycles ( why aren't they required to have a red light or reflector on the back of their helmets?).

It's like running the gauntlet having white/ blue blasts of light dazzle you from opposing traffic. Even on highways with wide median strips you never know when you will be temporarily blinded! There is construction everywhere, lane shifts, narrow temporary lanes with rough pavement and confusing signs and then those lights, sometimes from packs of cars all with LEDs hitting your eyes. Trucks or SUVs behind you and your rear and sideview mirrors are useless! You have to fiddle around, while driving to tilt the side mirrors or literally drive with a hand up blocking your rear view. This affects all ages but is particularly bad for seniors! Older eyes have slower dilation response to glare. In a way it's age discrimination as older people will have to think twice about whether they can go out at night!

We have laws prohibiting people from shining laser lights into the sky as it can blind pilots in airplanes. This is the same thing. We worry about folks distracted by their phones or impaired by alcohol, but no one thought about super bright lights glaring in your eyes!

This impacts my life. It's dangerous! They should be recalled immediately. Like other car malfunctions manufacturers should change out the lights or put a filter on them. Let's do this now, not in 10 years or so. Switch back to halogen for the safety of all drivers.

5/28/2024 – Winsted, CT – Other

Dangerous driving conditions at night on my way home from work!! I have to literally close my eyes as ridiculously bright LED headlights blind me while passing in the other lane. This is so dangerous and damaging!!!!!!!!!!!!!! How can this not be being addressed. I have almost crashed multiple times. I feel my eye sight is being damaged from these lights and getting worse. Please help up.

5/28/2024 – Bangor, Northern Ireland – None

I see that because the Prime Minister has declared there will be an election in the UK, the petition for the issue to be debated has been declared null & void..... Raging ! The reflector size of dipped headlights gets ever smaller, increasing the intensity of dipped headlights – a triumph of style over function !

5/27/2024 – Avondale, PA – None

Unable to see the road, cars, or surrounding areas while driving when high beam LEDs are in use. Lowering these LEDs to regular or low beam does no use. Even in low setting these LEDs are 10 times brighter than my vehicle's regular incandescent lights and my eyes cannot adjust to account for dark adaptation to drive at night. Ban LEDs in vehicles or reduce them 75% to match other older model vehicles. Also – point them downwards so they light the roads instead of tree tops and telephone poles.

5/25/2024 – Portage, MI – Photophobia

Debilitating headaches, dizziness and seizure like response when exposed to LED lighting. Increased sensitivity to any lighting type after prolonged exposure in LEDs.

5/18/2024 – Houston, TX – Photophobia

While visiting a friend I was exposed to LED from overhead light fixtures in the apartment, and the extreme LED of Samsung TV. Together, they suddenly triggered photophobia, migraine, & brain fog in me and I am not a TV watcher. Just walking into a room with LED TV and lightning or shopping in grocery and drugstores with All the LED now triggers my eyes with pain. Shopping mall is out of the question for me. I have to wear very dark sunglasses and a cap with a bill. I Must have phone and other devices Very dark, And have limited screen time. I have to cover lamp shades with scarves. I've tried blue block glasses which don't help at all. Obviously the LED has caused me to be much less social. It has also caused my eyes to twitch, and has made them have intermittent blurry vision.

5/18/2024 – Los Angeles, CA – None

LED lights make it dangerous to drive at night because my vision gets blocked while I'm driving a vehicle.

5/14/2024 – Sammamish, WA – Autism

I have largely avoided walking around my neighborhood at night for quite a while because of extremely bright LED headlights, except for viewing the aurora borealis on May 10, 2024, and I was horrified at the growing rate my neighbors are installing very bright LED light bulbs that far exceed 2700 Kelvin. I had to walk to darker parts of the neighborhood to avoid my view being ruined by the glare of LED lights. Even while walking around at 3 in the morning to view the aurora without seeing a single car with LED headlights, I was subjected to extremely intense blue-rich white light LED radiation from many homes along my usual route. I was honestly hoping the solar storm would knock our power out, which didn't happen.

In addition, I witnessed many poorly shielded LED lights without any diffuser at many stations along the newly opened Line 2 Link Light Rail in the Seattle area and was horrified at how these LED lamps are a potential discriminatory barrier. We always talk about diversity and inclusion here in the Seattle area and making transit accessible and yet never consider the needs of those with autism or epilepsy. I've even noticed that many buses by King County Metro (and likely Sound Transit) are now being fitted with LED headlights.

Banning incandescent bulbs is a crime against humanity and an attack on nature itself. We need very strict national light pollution laws instead of doing this at the local level. Or better yet, unban incandescent bulbs and let the customer choose instead of the government doing it for us.

5/14/2024 – Cambridge, NY – Epilepsy

My daughter and I walked out to run an errand one afternoon. As we came around a building, there was an LED streetlamp, still on though it was daytime. I'd been completely fine a moment before, but the light struck me and I was instantly incapacitated by severe neurological symptoms, stumbling and shaking. I couldn't walk, speak or see properly and my face and left arm went numb. We turned back immediately, and my daughter had to hold me upright so we could get away from the light as quickly as possible. We did not complete the errand. About a week later it happened again. This time I was alone, and my impression was that the street lamp snapped on as I got closer. This time there was no-one to catch me. I fell and couldn't get back up again. I was nauseous, dizzy and disoriented, unable to see, my limbs uncontrollably hitting the ground. Eventually I crawled/dragged myself back home and remained ill for many hours. I felt humiliated on top of everything else. I do not know if anybody witnessed what happened. Nobody came to help me and I could not call for help because I couldn't speak.

5/14/2024 – Chicago, IL – Other

blinding me and seeing spots all day. extremely stressed when i have to drive!!!! I hate these lights and cannot believe this is legal!!!!people don't give a crap!!!

5/12/2024 – Hancock, WI

I almost hit a pedestrian on the side of the street because the car in oncoming traffic had blinding LEDs. I did not see the pedestrian until the oncoming car had passed. If the timing was just a little different, there would have been a terrible ending. I reported it to the nhtsa. They said the lights just seem brighter. (This was a few years back.) I used to love driving at night. Now I can't handle the LEDs. This puts more traffic on the road during the day. Even when someone driving next to me has LEDs, I have to lift my hand to cover my side mirror from letting it blind me.

5/10/2024 – Yonkers, NY – Migraine

Led lights blind me in the road and flare up migraine. Have to stay home at night. Interfere with my life. Very dangerous.

5/9/2024 – Saint Paul, MN – Photophobia

My eyes have retinal injury and bright LED lights cause intense pain and discomfort. Overly bright LED's impact my life in numerous ways. There is widespread illegal use of intense LED floodlights in my neighborhood, but the local law for legal use of LED floodlights is not enforced. LED streetlights seem designed to blind drivers, rather than illuminate streets. Streets are dimly lit, but streetlights are shine right into drivers eyes. Vehicles keep their headlights on day and night, and shine into sideview and rearview mirrors. This causes eye pain and discomfort.

5/6/2024 – Cleveland, OH – Autism

LED lights give off a poor quality light, pure and simple. With the cheapening of everything these days, proper fixtures are usually non-existent, i.e., there is rarely any diffusion in the form of a large shade or lens—just the raw diode. For those who have in-focus vision (as everyone strives for with corrective lenses and such), the intensity of viewing a high-powered and undiffused LED at any distance is always

an unpleasant one. As it happens literally thousands of times a day, our retinas get “etched” and degraded. This is not to say that an incandescent bulb can’t be painful, it’s just that in the days of incandescent bulbs we made proper fixtures.

For me, when I’m presented with an unexpected bright source of light, my eye naturally moves and centers it in my vision. There is something physiologically that makes it hard to look away instantly. It literally takes like a complete second to pull your eye away from it. However, the damage is already done. You stared directly into something that was of an infinitely higher magnitude of brightness in relation to its surroundings. THE EYE IS NOT BUILT FOR THIS. These encounters cause a tense visceral reaction throughout the body. Considering that there are BRIGHT LED lights on just about every conceivable object these days, and it’s common for someone to have these negative encounters thousands of times in one day, and considering that the center of your vision is by far the most important throughout our lives, the collective pain and suffering is unimaginable.

There’s a certain obsession with safety that I believe our society has falsely bought into. For example, daytime running lights used to be a small halogen bulb, perhaps 10 watts. Now, there are cars with many layered stacks of raw LEDs with candela measurements far exceeding our proper range of vision. It is saying that that person’s car is the most important thing you ought to see down the road. Animals, pedestrians, everything else, doesn’t get to grab your attention. Your vision system is so overloaded with the fact that “there’s that car,” that other possible visuals are much harder to see. Overall, the eye does not need that much light to see as long as the relative values are thoughtfully presented (as they used to be).

Nighttime is all but a faint memory as it is almost always ruined by the presence of stinging, streaking, damaging, high candella artificial lighting. We, as a species (and all species living in our vicinity) have lost a cherished and peaceful time; the hours of darkness that we once called, and still hypocritically call nighttime.

I don’t believe that our nation should have any real discussion about mental health until we face the reality that we’re degrading each other’s eyes, our most important sense, on a grand scale.

People are literally suffering and slowly dying from the continued assault on their eyes, and thus, their brains.

5/3/2024 – Amherst, NY – Photophobia

Discomfort, people and sleeping patterns, also disruptive for me from exercising early mornings or evenings with street lights over 2700k

5/1/2024 – San Leandro, CA – Astigmatism

I regularly walk home from work in the evenings, which in the colder months means walking down a dimly lit street. Having poor eyesight and balance, I’m always afraid that the blinding headlights of the cars zooming down the street will cause me to stumble off the sidewalk and into the path of an oncoming car. It certainly doesn’t help that some cars have headlights bright enough to leave afterimages in my vision, the last thing I’d want to deal with when walking at night.

**April, 2024****4/30/2024 – Roseville, CA – Autism**

I was standing in a room and another person's cell phone buzzed with a message notification. The iPhone also pulsed its LED camera flash, which struck me in the eyes. I fell to my knees, breathing hard, and trying to fight off a panic attack.

**4/30/2024 – Auckland, New Zealand – Migraine**

LEDs cause me to suffer hemiplegic migraines of three day duration. This has resulted in partial confinement to my home, exclusion from municipal life, partial loss of employment and deterioration of health. The migraine results in blurred vision, dysaesthesia to the left side of my face and left arm with severe occipital pain. It has resulted in loss of consciousness on multiple occasions, one of which leading to a three part fracture to my right arm.

**4/30/2024 – Swanage, England – Other**

LEDs have been fitted as replacements for low pressure sodium street lights in the area where I live, which is within the Dorset Area of Outstanding Natural Beauty and immediately adjacent to a National Nature Reserve. The CCT rating of the LEDs that have been installed here is 4000K, which results in an eerie blue-white light which I find most unpleasant. The glare from the new lights is excessive, to the extent that when I walk beneath them I have to look down at the pavement rather than looking forwards along the road, to keep the lights out of my field of view. The light spill from these lights is excessive, resulting in the blue-white glare of the lights penetrating the windows of my house, which makes the interior of my home feel unwelcoming. I find that the light penetrating my home negatively affects my sleep quality, even though I have blackout blinds on my windows (the light still penetrates around the sides). This light intrusion was never a problem when the lights were low pressure sodium, as the orange glow was quite restful and not at all disturbing.

My view across the Nature Reserve at night is now compromised by the new LED street lights, which produce an incredible amount of sky glow. My home is just 400 metres from the coast, so there is often mist or fog in this area, and these LED street lights cause the whole area to light up as the light scatters in the mist. It is exceedingly unpleasant. One of the lights is 185 metres away from my house and is over ten metres below it, yet the street light casts a bright image of my window onto my bedroom wall. It is so bright it appears as if a car is parked on the hillside with its full-beam headlights directed straight at my house.

I have been so disturbed by these lights over the past two years that I believe my current condition of ophthalmic shingles (herpes zoster ophthalmicus) was triggered by them. I have been suffering photophobia, nerve pain, a facial rash with blistering and acute inflammation of one eye because of this condition, which has resulted in the hopefully temporary loss of useful sight in that eye. Since I am otherwise fit and healthy and have had no other stress to cause this condition to appear, I firmly believe that it is a direct consequence of the installation of LED lighting outside my home.

**4/29/2024 – Irvine, CA – Photophobia**

I have photophobia and photosensitivity due to multiple autoimmune conditions, and my life has changed significantly for the worse with the introduction of intense blue-white LED car headlights and the (ongoing) replacement of a large (about 16000) number of HPS lamps with LED fixtures (at correlated color temperatures of 3000 K and 4000 K) in my city (Irvine, CA).

**Street lights:**

Bright exposed LED street lights of any color, but particularly those above 2700 K, pose a health risk and serious disability barrier for me. Being sharp and pointed sources of high glare and discomfort, they can exacerbate my dry eye symptoms (I have Sjögren's syndrome) and the likelihood of an autoimmune flare-up. As a SLE (lupus) sufferer, I need to keep my daytime exposure to sunlight limited. It used to be that nights were my go-to option for long strolls, a drive to the grocery or restaurant, or a chance to bask in moonlight or stars at night—something that the gentler glow of shielded HPS lamps afforded. Over the past decade or so, and particularly in 2024, most of these basic human comforts have been taken away from me. I have pleaded with city officials to undo the damage and the discriminatory barrier that street lights cause me, and despite their efforts to mitigate a small portion of the damage (I have met with a very modest degree of success) via glare shields in my immediate neighborhood, the city at night is becoming a cheap, vicious display of human sensibilities and human compassion gone awry.

**Headlights:**

Vehicle headlights with blue-white LED lights piercing into one's eyes from oncoming traffic are the stuff of nightmares—poorly-angled, egregious beam patterns pretending to be “safety features.” Even five minutes' exposure to this type of rampant glare while I drive or sit in a passenger's seat is sufficient to bring on severe eye pain and vision disturbances, headaches that last days, and emotional distress. It is appalling that those objecting to these ill-conceived and risky fixtures are not taken more seriously.

Light pollution is a menace not just to humans but also to wildlife and foliage that suffer without shutters. Researching, designing, and implementing options that are conducive to safety and easy on the eyes must be high on the agenda, an urgent societal cause.

“So benumbed are we nowadays by electric lights that we have become utterly insensitive to the evils of excessive illumination”

— Jun'ichirō Tanizaki, *In Praise of Shadows*

This evil is eradicable; let's do what it takes.

**4/28/2024 – Algonguin, IL – Photophobia**

I can't go out at night anymore due to the plague that is LED light pollution. It brought me solace. I can't walk my dog or enjoy it at all anymore. I don't see wildlife at night anymore. I love nature and it's harder to appreciate now. I used to love driving but I can't without immediate extreme dizziness and migraine. I can't look outside at all when the sun starts to set. The building I work at has hideously bright LEDs that make me ill on a daily basis. I'm always squinting and averting my eyes. ALWAYS. It took many aspects and simple pleasures of my life away and I miss them dearly. Please do something about this! I want my life back!

**4/28/2024 – Los Gatos, CA – Astigmatism**

With the increase in use of LEDs in car headlights in addition to cars raised too high (or their headlights tilted too high), driving on the roads at night is an incredible hazard. I commonly find myself unable to ascertain details of what's going on behind me with traffic and the position of other objects/cars when faced with these blinding lights. I have to get creative to even be able to see, and still face blind spots

due to these stupidly bright lights. It makes driving dangerous and I can't believe LED lights in headlights didn't get banned years ago.

Every day the government allows this is increasing the likelihood of accidents, health issues from staring at these lights and just a generally worse quality of life.

4/28/2024 – Amesbury, MA – None

I am blinded by these headlights, streetlights, floodlights morning and night every day. These lights are a hazard on the road and unnecessarily bright and incorrectly dispersed. This is a danger to everyone and regulations need to occur swiftly

4/28/2024 – Ottawa, Canada – Migraine

I am very sensitive to many things, including light and sound. I loved to walk a lot at night when the lights used Halide orange/pink lights. Now that the city has been switching out the Halide lights with super bright LED white street lights my walks are much less enjoyable. It feels like I'm walking around in the day time. I don't understand this obsession people have with lighting the world up like a giant football stadium. It's not necessary, it's not pleasant, it messes with your circadian rhythm. In my case, it can cause headaches and light fatigue. It also hurts our environment. Birds, animals and insects cannot follow their natural rhythms because their environment is so bright at night now. Also, while driving, I'm blinded by headlights that use these horrendous white LEDs. I hope there is an invention of filters for the lights that are currently on vehicles and that it is enforced to add the filters to the headlights. A return to a golden soft colour would be preferable. As well as adding golden/orange filters to street lights and/or a different design that mimics old styles and colours of street lights. I really hope the government begins to regulate this. It's dangerous for the environment, people's health and eyes as well as creating an ugly world to look upon.

4/28/2024 – Milwaukee, WI – None

I am blinded by the brightness of the LED lights not only at night, but during the daytime. Even from a car behind me glaring in mirrors during daylight. Making it dangerous for me to drive. My eyes cannot adjust due to the brightness. I've swerved off the side of the road. Had to pull over. Which is not always possible when there's traffic behind you and traffic coming at you. This is a problem. There should be a limit on the brightness of the LED. This is such an easy thing to fix, but for some reason nothing gets done.

4/28/2024 – Onsted, MI – Astigmatism

I get eye pain and headaches by being exposed to 4500K or higher led lights

Whether I am driving at night or during a sunny day I am constantly shielding my eyes from led low beam headlights, running lights and brake lights. I have to adjust my side and rear view mirrors so I cannot use them to see properly to avoid being dazzled by led lights. If streetlights are on during the day and night I put my sun visors down because the leds are too bright. I drive over 1000 miles a week for my job. I dread cloudy, rainy days, dusk and night driving because of led lights. It's like torture to my senses. I am constantly blinded at night and have been during the day as well because of led headlights. If I am walking in a parking lot on a cloudy day I have to shield my eyes because led running lights are too bright. I have asked my neighbors to shield their outdoor lights or use softer 2700K led and it has caused me civil lawsuits and many legal problems do to this simple request. I have to wear dark sunglasses inside of places that have led lighting. I never had eye pain or headaches prior to led lights.

LED headlights are the most dangerous aspect of driving by far. These lights have ruined normal day and nighttime activity for me were they are present.

4/28/2024 – Marshfield, WI – Astigmatism

LED headlights are blinding to the point where I have almost hit deer and other vehicles because I cannot see when the LED lights are coming at me

4/28/2024 – Lancaster, PA – Migraine

I am a migraine suffer, and my trigger is photosensitivity, especially from intense bright lights. For the last several years auto makers have installed LED headlights and the color temperature they have chosen to use is blinding for oncoming drivers. There truly is no need for the adaptive or “moving part” of the headlight if ya warmer color temperature is programmed into the LED headlight. The extremely intense and blinding colder “blue” white light emitted from LED headlights just feet away is MORE dangerous than looking up at the sun. If focused intense cold bright white light is not dangerous why do welders use masks? It is literally the same reason and effect these OEM LED headlights have on oncoming drivers. How many people need to die before LED headlights are given a warmer light temperature? It is really not that hard. The technology already exists. Just look at the average teenager and how they use LED lights in their bedrooms. They have a small remote and they can change the color and or color temperature of the lights at their will. Thank you for your time.

4/28/2024 – Webster, MA – Other

Large pick up trucks as well as SUVs and other cars especially in MA., were it seems that tailgating is legal, get behind you and blind you from behind making it very difficult to see ahead of you. Same situation with vehicles approaching from the opposite direction.

4/28/2024 – Hamilton, Canada – Migraine

LED headlights on numerous occasions have given such intense sharp pain in my eyes that induced migraines, forcing me to pull to the side of the road and vomit. Glare from LED headlights has blinded me on thousands of occasions. In some of those instances it has taken more than 5 seconds to regain my sight. LED headlights and taillights physically hurt my eyes when I’m in close proximity to them (I.e. stoplight) forcing me to physically block them with my hand. The glare, blindness, eye pain and migraines caused by LED headlights have been confirmed by my optometrist, Dr. Otto Lee. Among eye care professionals, LEDs are a known and documented problem in every age group. Driving at night for longer than 30 minutes has almost always resulted in me getting a migraine, which was never the case before LED headlights existed. As a result, I have to limit my nighttime driving to less than 15 minutes. This limits how much work I can do, or how much I can visit my family, especially in the winter months. I’ve had to restructure my life around LED lights.

4/28/2024 – Chicago, IL – None

Every single day day or night I am blinded over and over again even driving short distances, I get spots and yesterday my eye was in actual physical pain as 1 car was so dam bright like the eclipse!!!! I’m collecting evidence to sue. We all should sue every driver who damages our vision and the government for allowing this!!! you CANNOT drive anymore EVER. Our Country is lost.

4/28/2024- Baltimore, MD – None

I can’t for the life of me understand how this is even something I have to report.

Do none of these people drive at night or in inclement weather?

Do none of them pass billboards?

I used to love driving at night, even prefer it in some cases, but the new street lights are terrible, especially the defective ones that turn purple and create such harsh lighting I literally can't look at it. And the LOW beams on the new cars are more blinding than some of the old high beams!!!! I've flashed my lights at other drivers to alert them they're driving with high beams on and they flash back that it's their low beams.

Not only does it "daze" my eyes so that I see spots and can't see the road properly for a few seconds, but it also creates harsh lighting conditions that makes it hard to discern what's hiding in the shadows behind objects like trees and street signs.

And the blue hue of these LEDs that's being used is also not only harmful and exhausting on the eyes but colors things weirdly so it's harder to tell what's what.

The car I drive still has "older" (aka not blue or insanely bright) headlights, and I used to love renting cars for longer trips but now every car I rent has those headlights which makes it an unsafe environment to drive in, and in those vehicles I have other cars flashing their lights at me to alert me I'm driving with high beams when I'm not!!!! Which again, causes a "daze" and I see spots and my sight is not clear while I'm maneuvering roads at night.

This is clearly unsafe!!!

I'm in my 30s! I don't have other eye problems and I shouldn't sound like a crotchety old person when talking about driving at night! It's absurd!

In addition to all that, I've recently experienced billboards that switched from canvas to LED and LED signs outside of businesses that are so insanely bright you can probably see them from space. It might be necessary during the day when the ambient light is brighter, but these things need light sensors and to adjust to a dimmer display during the night time. Because when I drive by it's like someone shining a flashlight in my eyes for a minute. It's absolutely not safe!!!!

I have a similar issue with the road crews that do construction on the highway at night. A bunch of those crews have these flood lights that are supposed to illuminate the area for them but they aim them in such a way that they blind the drivers too! Who's "genius" idea was that!?

Either the people making these things are blind as bats anyway or they just don't care.

4/28/2024 – Fareham, United Kingdom – None

Comment on statement "DOE researched studies and other publications to ascertain any known impacts of LED lamps on human health and has not found any evidence concluding that LED lighting used for general lighting applications directly results in adverse health effects.": 'General lighting applications' is not the same as directed beam applications & the FDA should recognise this situation in the case of headlights.

4/27/2024 – Rodeo, CA – None

I drive a fairly small car. On the highway at night, I find the excessively bright LED headlamps are both disrupting and an impediment to driver safety. As cars approach from the rear on either side, their headlamps reflected in my side-view mirrors are often so dazzling that I have to hold my hand in front of the mirror to be able to safely see the road. Even with my rear-view mirror in the "night" position, the brilliance of these headlamps when behind me can be distracting and blinding.

When approaching from the opposite direction, especially on narrow roads, they present even greater threat to driver comfort and safety, often causing momentary blindness. The worst cases are often Tesla

headlamps, but many newer SUVs and pickup truck headlamps exhibit similar characteristics and are very nearly as bad.

These headlamps are unnecessarily bright, producing an spectrum of light that is especially blinding. They often illuminate not only the road, but the overhead road signs and the interior of the cars ahead of them. These headlamps are both a nuisance and a hazard to other drivers. And, in recent years, it seems to be getting worse. The headlamp arms-race is rapidly getting out of control at the expense of driver safety. Car makers must be made to comply with existing headlamp regulations, and, in fact, those regulations must be amended to consider ever increasing lux levels, higher color temperatures, and broader and taller light-pattern spread.

4/27/2024 – Tuscon, AZ – None

LED headlights are having a negative impact on my driving continuously. I have good night vision, excellent reflexes, am generally quite alert at night. But I rarely drive at night because of the hazard of LED headlights. They blind me to the point where I cannot see the road AT ALL. I have very mild cataracts, and LED headlights totally make me see nothing but white. The only way I can navigate safely is to MEMORIZE the road ahead while I can still see it, and DRIVE TO THE RIGHT of the oncoming car. If it is a road I am not familiar with, I might not be willing to drive it at all. It is too easy to be surprised by an unexpected curve when I cannot see the road. I drive prudently. I am not willing to put up with this hazard. So I do not drive at night if I can possibly help it, and this has an impact on my life, and my ability to get home safely if I end up having to stay someplace away from home longer than anticipated. People are going to do what they have to do to stay safe. The mere fact there are not more accidents is not proof that LED headlights are safe. It is only proof that people try to avoid hazards, and may not be driving at all during nighttime hours. And what kind of harm does a laser directly into the face do to the eyes any time of day? Unanswered question.

4/27/2024 – Izhevsk, Russia – Other

I cannot stand the LED headlights. It all started about 4 years ago when the amount of cars with LED headlights started to become noticeable. I understood at that time that I couldn't look at these lights because my mind goes sick, my eyes begin immediately to get irritated to a very considerable degree that it really hurts, my muscles are becoming stiff and I get nervous tics, that is involuntary rapid head movements. Moreover, I begin to feel some sort of panic attack. Back then the amount of cars with LED headlights in my area was around 12-16 percent and it was possible to get along. Since then, the situation only got worse. The amount of cars with very blinding and extremely piercing LED headlights nears probably already 40 percent in my area and I gave up at all staring in the oncoming traffic direction because I just cannot do it any more.

Because of a neurological condition, I was not allowed to drive a car and now it seems that it's even for the better. I cannot even imagine how people drive nowadays with this killer light. In my country we have day running headlights as a must so the headlights are on 24/7. While there is a sunny and clear weather I can somewhat go along the road facing the opposite direction, but with a gloomy weather, rainy weather, dusk, let alone nighttime I cannot physically do this. I have to avoid major roads going either along residential areas with much less traffic or going along a pavement that runs parallel to the incoming traffic, thus I somehow can move away my head and eyes and to see what is going on on the upcoming a lane ( a lane that is further away from the pavement). When using public transport I have to

sit in that part of a bus/tram that has windows on the left right from the driver seat. so that I am spared to see the upcoming lanes with the upcoming traffic.

Thanks to all this, to a huge light pollution caused by LEDs and other numerous LED lights sources sprung up recently, I am almost confined at home during nighttime because I cannot stand this light. Only warm shielded LED in moderate quantities are more or less OK for me, but unshielded LEDs over 3000 K, bright LED shop signage, LED digital billboards and LED decorative building lighting makes me have fits of very severe panic attacks. I don't feel these attacks at all with outdoor halogen headlights and sodium/incandescent/CFL lamps or warm (2700 K and less LEDs in moderate quantities). The indoor LED lighting has less negative impact on me, though too much white indoor LED light is also uncomfortable while the indoor white fluorescent light is quite OK for me.

I am asking the US regulatory agencies to give the answer why LED light can trigger severe panic attacks while other light sources are quite alright and even uncomfortable. I am sure that I am not alone.

4/27/2024 – Elk Grove, CA – Autism

The Ziosk portable kiosk payment system has a bright LED screen. During dinner at a Chilis restaurant, we placed the kiosk face down on the table to avoid exposure to the LED Visible Light radiation from the LED screen. At payment time, my partner inserted the credit card for processing. At the completion of the processing, a large white LED light on the side of the kiosk suddenly irradiated me with white LED Visible Light radiation.

Due to the intensity of the white light, everything around me became black, except for the overwhelming feeling of bright white light. I felt disconnected from reality and as if I had entered a nightmare dream. I believe that I was partially unconscious. As I began to recover consciousness, I thought that perhaps I was staring at the LED flash on a cell phone, but that this was much more powerful. Then, as I became more aware of my surroundings, I realized that that the white light was from a large, white LED from the side of the Ziosk device.

I felt nauseous, so I fell to my stomach and tried to vomit, but I only ended up coughing. I then felt overwhelming anxiety and panic and went to the kitchen, demanding accommodation. A staff person then began yelling at me. I ran outside screaming. I continued to try to vomit, but only spit came out. At some point, both of my hands went numb and tingly.

The police were called. I dialed 911 to tell them not to turn on their LED flashing lights, but they had the red and blue flashing lights on, which further debilitated me.

4/27/2024 – Coudersport, PA – None

I am beyond infuriated with the use of bright white LED lights, I'm beyond frustrated with the searing eye pain that LED lights procure, I am beyond infuriated with the intense migraines that I suffer from when dealing with bright white LED lights. I am beyond frustrated with the amount of pain that is brought upon me due to these LED lights. They are an unnecessary monstrosity that never should have been brought into public view! They are NOT beneficial in any way, shape, or form. In fact they are detrimental to society and the environment.

4/25/2024 – Horseheads, NY – Astigmatism

I have astigmatism, which is 30% of the population of ALL ages. LED headlights and all bright white LED lights give me a wicked headache all day that pain meds don't touch. I rented a car recently with LED headlights & I had a huge headache from the headlights reflecting off of other surfaces. So I can't even

drive a car with LED headlights. Just in the past couple of weeks, I almost was in 3 accidents while being blinded by LED headlights. I have no problem with halogen headlights. My work commute is on a 2-lane road for an hour & I need to work to live. I can't just stay home. What kind of life is that? So I have to put my hand up to block the headlights of the line of cars going the opposite way and look at the white line. One morning when it was raining thus more reflections, I was on a slight bend and looked up just in time to see an older SUV unsafely trying to pass a huge line of cars coming right at me in my lane. They were hurrying to get back over maybe 20 feet from the nose of my car. They had aftermarket LED headlights, so it was like two big floodlights that blinded me. The 2nd time was I was approaching a roundabout and pickup truck from the opposite side had blinding LED headlights. I checked to make sure no one was coming from the left before I got there, but \*poof\* a car appeared out of no where and honked at me. They almost hit me. I was so distracted by being blinded by the LED headlights, I didn't see them. And another time I was at a crosswalk and had been stopped for other pedestrians. But a car going the opposite direction had blinding LED headlights. I didn't see the additional pedestrians until I was passing over the crosswalk. I had looked too. The pedestrian had thankfully stopped. They were partially blocked by my windshield frame too. Again, I never had these problems with halogens. LED headlights are dangerous! Explain to me how lights that are 800x brighter than halogens are not blinding other people. LED headlights are marginalizing almost 50% of the population...specifically people with disabilities that include astigmatism (30%), migraines (17% women & 6%), and seizures (4%). And we can't forget age discrimination against seniors with cataracts. It also affects the circadian rhythm and eye health of both people and wildlife...all of them. That is why there are blue light filters on devices. Please do the right thing and ban bright white LED headlights and LED lights in general.

4/24/2024 – Mantua, NJ – None

Multiple incidents. I had to cancel 2 gym memberships because of bright LED lighting they installed, and theres no gym within a workable distance that doesn't have this insane lighting. Ive cobbled together used gym equipment at home for more money than I could afford.

I cant work without special tinted glasses, or I get migraine symptoms within minutes. Even with this protection there are places I cant stand and directions I cant look because some of the LED fixtures are simply too intense and instantly painful.

I can no longer go to the local grocery store under any circumstances, its too bright, and the list of places I cant go is growing as businesses install this harsh intense LED lighting.

Shop Rite, Five Below, Giant Fitness, Planet Fitness, Pantry One, T Mobile- these are some of the places I simply cant enter with any level of protection short of a complete blackout blindfold.

4/23/2024 – Dallas, TX – None

Makes me blind and hard to see road. Especially oncoming traffic when the lights are elevated higher than me.

4/23/2024 – Sammamish, WA – Autism

I'm a lifelong resident of the Seattle area, and I was diagnosed with Asperger syndrome in early childhood. Additionally, I have been diagnosed with depression, adjustment disorder, anxiety, attention deficit disorder (ADD), and I suspect that I might also have undiagnosed post-traumatic stress disorder (PTSD).

My biggest concern, especially in the last couple of years, is the dangerously bright light-emitting diode (LED) headlights that have been proliferating on our roadways at a disturbing rate since the early 2020s. They have had deleterious impacts on my quality of life since I can no longer exercise outdoors or drive at night without fear of being exposed to excessively bright LED headlights, experiencing sensory overload, and having meltdowns as a result. Even during sunny days, if drivers leave those LED headlights on, they are still too bright and extremely unpleasant to look at; it's particularly worse when it's cloudy or raining. LED headlights, especially those on Teslas, are some of the worst offenders, to the extent that I can recognize a Tesla from a distance solely by its headlights.

I am an avid lifelong cyclist and ride my bike all over King County. I have visited places such as Skagit County, Whatcom County, Snohomish County, Pierce County, Vancouver Island, Point Roberts, Snoqualmie Pass, Cle Elum, Vashon Island, Whidbey Island, the Kitsap Peninsula, and San Juan Island—all by bicycle. I have also ridden on nearly every regional trail in the Seattle area as well. However, my enjoyment of this activity has been greatly diminished by the excessive glare from these LED headlights, starting in the early 2020s. I have effectively lost one of the best stress relief methods I use to cope with my mental health issues, compounding my problems even more.

I also enjoy going on walks, and they have also been impacted by these LED headlights, making it unpleasant for me. I can no longer enjoy walking outside at night, robbing me of the ability to walk during times when it's cooling off during what are supposed to be pleasant summer evenings. Again, even during the day, I constantly encounter excessive LED radiation and glare from these LED headlights.

Earlier this winter, my neighbor was driving a rental car equipped with LED headlights, which shone into my bedroom when they returned from work in the evening. They have since returned to their regular car, which still has halogen bulbs; however, one of their halogen lights has burned out, and I'm afraid the owner might install LED headlights to replace it. Despite this, I still have LED headlights shining towards my bedroom from passing drivers since I live near a "T" intersection. This situation makes me feel unsafe in my own home, particularly during winter when daylight is limited.

The distress caused by these lights has led to hospitalization, and I feel as though I'm under house arrest because of them, causing serious mobility issues for me. I have written to ALL, and I mean ALL, of my elected officials at the state and federal level, and the lack of any adequate response has only added to my frustration and anguish.

My ultimate goal is to urge the government and policymakers to acknowledge the problems of these excessively bright LED headlights and the dangers they pose to the general public. I advocate for regulations on their brightness and for using a warmer color temperature instead of the bluish light, which disrupts circadian rhythms and makes it difficult to spot road hazards at night.

Personally, I wish to see LED headlights banned completely from our roadways in favor of tungsten filament halogen bulbs, which are less harsh and easier on the eyes. The so-called benefits of LED headlights are outweighed by the risks they pose to the general public, and for many of the reasons I have cited, they need to be completely banned from our public roadways.

I'm extremely appalled and deeply troubled by the fact that I cannot safely use public rights of way that I have paid my tax dollars for because these LED headlights have formed a discriminatory barrier and infringe on my constitutional rights to freedom of movement. I strongly urge the Food and Drug Administration to take action. I believe that these lights are a threat to national security and public health, and swift action must be taken. The current situation is completely unacceptable!

4/22/2024 – Wakefield, MI – None

Sitting in the left-turn lane waiting for the light to turn green, the pickup truck in the opposing left-turn lane had a new pinpoint LED turn signal that was so bright and so focused, was like a laser pointer shooting right into my right eye. Even in broad daylight the LED was so bright and so focused like a laser pointer I had to shield my eyes with my hand until the traffic light turned green and I completed my turn. Hours later I am still seeing spots with my right eye. Praying there is no permanent damage.

4/21/2024 – Davis, CA – Migraine

I used to go for long walks at night in my neighborhood for exercise and as therapy for my chronic eye migraine issue. Since 2016 when the City replaced all the sodium vapor street lights with LEDs, I have not been able to walk at night due to the harsh glare and brightness of the lights. They are nothing like the old lights. Add to that all the LED house lights that have been installed since then. My neighborhood has become a no go zone. I paid mello roos taxes for years to pay for all the green spaces I can no longer use because of these lights. Some are even on all day and hurt my eyes even in the day time. My health has suffered from not being able to get my walks – weight gain, high blood pressure. And this is just a fraction of the story. I can no longer drive at night because of the intense LED car headlights in my face. I cannot go into town at night to a restaurant or store for the same reason – LED lights everywhere. I cannot travel on a train or bus for the same reason. Airports also have these lights taking the joy out of plane travel. I have to shop for my groceries online in stores like Safeway that have installed these lights nationwide. If I get exposed to these lights, I will get a ripping eye ache that lasts for weeks, a feeling that the surface of my eyeballs has been lased.

4/21/2024 – Beaverton, OR – Autism

LED flashing lights cause me to suffer severe anxiety, panic attacks, and fear.