

LED Incident Reports December 2025-February 2026

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

February, 2026

February 28, 2026 – Davis, CA – Autism

I was struck in the eyes by white LED strobe lights by two recumbent bicycle headlights that caused me to suffer pain and panic. The LED strobe lights must be permanently banned.

February 18, 2026 – Nashville, TN – None

I would write down the plates but I can't even see the car apart from the fact that the lights are very strong being low they use them high in the city until I saw police with very blinding lights but most people have even higher lights wherever they are while some respect most don't do it and it really hurts the sight it's very annoying and dangerous while the police don't do anything they are just like npc until I have to put my hand so that it doesn't hurt my eyes even if I'm walking or cycling they hurt it's frustrating

February 17, 2026 – Asheville, NC – None

I make a morning commute at 6:00 every morning. The absurdly bright headlights of other cars make that commute a massive pain. I dread every car coming around every corner. I can't look away, I can't do anything other than brace myself and just accept that I won't be able to see for a couple seconds. It's very dangerous when I'm out on the highway or on roads I'm unfamiliar with, on top of being extremely uncomfortable. Make bright LED headlights with uncontrolled spread illegal!

February 15, 2026 – Flourtown, PA – None

Every time I drive at night, I am blinded by oncoming car headlights! It seems that it has become a competition for auto manufacturers to have the brightest headlights. There seems to be no concern for oncoming drivers. I often find my eyes lids fluttering as I try to maintain my situational awareness. It is TOO MUCH! I am sure accidents are happening nightly as a result of drivers being blinded.

February 14, 2026 – Inverness, FL – Other

I must be very sensitive to brightness of LEDs because they make me feel like my brain mentally can't deal with the light. I get very irritated, sad, and mad all at once. God made light and dark for a reason. We can't rest our brains because our brains can't shut down with this type of light. PLEASE HELP ALL OF US.. BLESS THIS WEBSITE!!

February 14, 2026 – Stanley, NC – Other

Me, my 6 y/o son, and 2 y/o daughter were hit by a car while walking in a crosswalk leaving their school Christmas program. The streetlights had recently been replaced by purple LEDs, reducing visibility. There are documented complaints filed with the municipality regarding these lights prior to this incident.

The bright headlights from vehicles leaving the performance contributed significantly to the conditions that caused the driver to fail to see the crosswalk and us in it. The multitude of bright lights also caused us not to see him coming around the curve.

My son suffered a traumatic brain injury, almost died, and was airlifted to Levine's Children's Hospital, where he spent 18 days recovering, learning to sit, eat, talk, and walk again. Grateful to God for his miraculous healing.

It's time to do something about these lights. Children are dying. Pedestrians are getting hit every single day.

This matters, and it's so fixable!

February 13, 2026 – Honeygrove, TX – Electromagnetic Sensitivity

Early in the morning 615, I go to the local donut store and I turn on the corner and a company truck has its brights on, and it affected my eyesight and I'm hurting right now with my eyes. Liberty sanitation of Bonham Texas

February 12, 2026 – Sebastopol, CA – None

LED lights flicker and make me have a hard time focusing and calming my nervous system. LED lights in cars make me feel unsafe to drive at night because they are so blinding.

February 10, 2026 – Kershaw County, SC – Autism

The light is blinding bright. It shines in my home bothering my autistic daughter. It also spooks my livestock.

February 6, 2026 – Vista, CA – Other

LED headlights are blindingly bright and cause accidents and indoor LED lights cause mood and depression like issues.

February 5, 2026 – Bonney, WI – Electromagnetic Sensitivity

My bathroom light flickers and it makes my eyes hurt. Lights have bothered me for years and I have had trouble sleeping for years and taken medication but no help. I'm convinced that LED's are my problem but I'm having trouble getting replacements. I feel stuck.

February 2, 2026 – Dallas, TX – Other

Over the last five years, I've noticed a dramatic and worsening increase in the brightness and glare of LED headlights on newer cars and trucks. Each new vehicle generation seems more intense than the last. The light is not just brighter, it's harsher, whiter, and more blinding, especially at night.

Driving after dark has become increasingly difficult and, at times, unsafe. On back roads or two-lane country roads, approaching vehicles with these LED headlights can completely overwhelm my vision, particularly when coming around curves. When large trucks follow closely behind, the reflected glare can be so intense that I've been forced to slow down or even pull over to safely let them pass. I have been driving for decades and never experienced anything like this prior to the

widespread adoption of modern LED headlights. This issue has progressed rapidly in recent years and feels largely unregulated. In my experience, these lights now pose a genuine safety hazard and need clearer standards and enforcement.

February 1, 2026 – Twentynine Palms, CA – Other
Pain and blinded for white LED headlights

February 1, 2026 – Hazel Park, MI – Migraine
Headaches from constant led light exposure. Resolved when bulbs are removed

January, 2026

January 27, 2026 – National City, CA – Migraine

Brights and LED headlights have been triggering my horrific migraines while driving. It is terrifying. Not only are the migraines painful and debilitating and disorienting, but my vision becomes impaired when migraines are triggered. It's happened several times while I've been driving at night, and this is so dangerous.

I don't understand why lawmakers haven't stepped in to stop this. LED lights are way too strong for use in cars. At the very least, there needs to be strong filters so that drivers, riders, and pedestrians are not being blinded by the brightness.

January 27, 2026 – Shipperville, PA – Migraine

While at home this evening I was working on my HP Spectre laptop which is plugged into a 2006 Gateway LCD monitor. The indicator light for the caps lock hit me about 20 times in a 30 minute span while I was trying to cover the light. It caused immediate pain and a migraine with auras. This also caused a cognitive decline and overwhelming feeling.

January 24, 2026 – Vista, CA – Electromagnetic Sensitivity

The brightness of LED headlights started giving me great discomfort the moment they were introduced on cars. Initially, there were only a few cars that had them so the effect on me was minimal. Now, 80% of cars have them and they are way too bright.

This year has been the worst it has ever been. My eyes literally hurt when confronted by LED headlights. I have heard that LED headlights damage the retinal pigment, the DNA in the eye which then causes premature macular degeneration. I can totally see how this could happen.

Making things worse is the fact that many cars have auto headlights and they are automatically turning the brights on in the city! This shocked me because I have driven cars for 40 years and probably only needed my brights 2% or less of the time I was driving. These auto headlights do not always turn off in the presence of other cars.

Another issue is LED headlights on during the day. That is right, they are on during the day and are way too bright. I can stand in direct sunlight and my eyes are fine, but when confronted with LED's, I experience immediate discomfort.

Buildings are now using them in parking lots as well and they are intolerably bright. Making matters even worse is that emergency service vehicles have these lights as well and they are ridiculously bright.

The brightness is so alarming on cars that I get temporarily blinded by their headlights. This creates a safety issue.

January 23, 2026 – Syracuse, UT – Epilepsy

I'm forced to have led halogen and so forth lights in my home and Art Studio. I absolutely need incandescent lighting for my epilepsy. It is like living in the old days where I have to only do things with daylight coming in. I have to turn off lights constantly. If I need the lights on which is often I end up with seizure symptoms or blatant seizures. Which by the way kills off brain cells every time you have them. I am desperate for incandescent lighting again. It's bad enough I can't go out in public places for very long if my hormones are unbalanced if I've not eaten drank or slept in a perfect state. I would like my home to be a safe Zone and be able to have incandescent lighting which is not too much to ask. This is for medical purposes and I should not be denied this it is limited my life consistently and impacted it greatly

January 21, 2026 – Orlando, FL – Autism

Headaches!!!!!! Inability to see. INCREASED danger to everyone else!! I hate this

January 20, 2026 – Anytown, USA – None

HID LAMPS SHOULD ALSO BE ADDRESSED BASED ON WATTAGES OVER 35.

January 19, 2026 – Jacksonville, TX – Astigmatism

I am unable to drive at night due the significant brightness of LEDs.

January 17, 2026 – Temecula, CA – Other

I almost drove in to a drench because the car in front of me had a full LED light and it burned my eyes

January 14, 2026 – Leonardtown, MD – None

I grew up having perfect vision. 20/20 all my life, never needed glasses of any kind. As soon as I learned how to drive, I loved driving at night. I never experienced any problems with glare from the halogen headlights except in cases when a driver's high beams were on at the wrong time, and the fix was simple: flash your brights and the other driver could correct their error.

But since the implementation of LED headlights that began when I was in my 20s, I have struggled to drive at night. The LEDs are blinding regardless of whether the beams are high or low, properly positioned and aimed or not, and there is no way for a driver to correct it. I've implemented the use of blue-blocking driving glasses, which barely take the edge off, and ultimately do not solve the problem. I find myself squinting and holding my hand up in front of me to block the glare of not only the headlights of oncoming traffic but also those flooding my side view and rear view mirrors.

Even still, my night vision is ruined and I can barely see my surroundings, if I can see them at all, over the blinding glare.

Now, in my 30s, with all new cars being fitted with LED headlights and these newer cars comprising more than half the cars on the road, I am no longer able to drive at night at all. Not in my 60s, not in my 50s, but in my 30s.

My vision remains otherwise excellent. As an avid hiker, I am fond of night hikes in the woods near my house, and I can see in their enveloping darkness with great clarity using no artificial light whatsoever to illuminate my path.

But the blinding glare from LED lights feels like a stab to my retinas. The high intensity, highly focused, blue-rich beams completely obliterate my night vision, not just for the duration of the acute glare but for many moments afterward. This renders driving at night completely unsafe. Even the intense brightness of some LED taillights is too much for me.

This limits not only my quality of life via my ability to participate in social activities after dark, it also limits my potential work opportunities, especially in the dark months of the winter. Even in the daylight on rainy days, when everyone's headlights are on, the lights are blinding and impair drivers' ability to see, which exacerbates the dangers already present on wet roads.

I won't get much into the impacts of the growing prevalence of LED external light fixtures in residential areas, but these pose similar harms not only to drivers but to pedestrians as well. They disturb the sleep of people in their homes and imperil the local wildlife.

LED lighting poses a significant and totally unnecessary public safety hazard in the name of saving a few bucks a year on electricity. Many are totally disabled by it. These lights require a complete overhaul and ideally a total ban as a light source for anything except low-powered indicator lights.

Return to us our halogens, incandescents and sodium lamps that we may once again enjoy the safety and the warm, peaceful glow that once accompanied our nights.

January 14, 2026 – Ketchikan, AK – Photophobia

The city surrounded my home with 4000 kelvins street lights in front and back of house . I immediately felt them when they came on. it was like a shock to the body!! Since 2021, everything from vision, CNS, hypertension, cognitive issues, immune system, fatigue, insomnia, PAIN!!!! tremors and absent seizures. all documented by over 9 Doctors LED LIGHTS NEED TO BE BANNED They have ruined so many aspects of my life.

January 14, 2026 – Visalia, CA – Other

Blue light at night should be banned – especially in public spaces. LED streetlights and billboards (and headlights) are so blindingly bright, I cannot go outside at night anymore.

January 13, 2026 – Cupertino, CA – None

Today, I went outside for a walk. I couldn't even look in the direction of my apartment parking lot because a car was parked with its headlights on. They were painfully bright, enough that even looking towards the car parked next to it was still painful. Green afterimages remained in my sight for minutes afterwards.

January 11, 2026 – Gettysburg, PA – Photophobia

Horrid, life threatening. Can no longer drive at night. Aggressive tailgating drivers with much larger vehicles cast equally obscenely bright and painful lights into rearview mirrors. It is unbelievable that our elected officials would allow this! To my knowledge foreign countries have regulations but the USA does not. How could a young teen safely learn to drive?

January 10, 2026 – Siloam Springs, AR – Other
LED's are slowly making me blind.

January 10, 2026 – Oklahoma City, OK – None

Everyday I walk and ride bikes in my neighborhood and the local area, and everyday there are headlights so bright that I can't see anything around me.

I have almost ridden into parked cars, tripped on the curb, and narrowly missed avoiding other vehicles because LED headlights are so bright that nothing else is visible.

January 9, 2026 – Sedona, AZ – Other

LED lights are extremely detrimental to my health – and not just the health of my eyes but my mental and neurological health as well. They are insidious and ubiquitous, and this is what makes them so dangerous. They assault those of us who are vulnerable to them in overhead lighting and light bulbs, screens of every variety, decorative twinkle lights, and car headlights, just to name a few.

Exposure to LED lights causes me intensely painful headaches, severe eye pain and blurred vision, ocular migraines/migraines with aura, and worst of all, complete mental shutdown. My brain literally stops working, and I feel like a zombie the rest of day or longer. Screens become too painful to look at, and I can't think or function. There is nothing I can do to mitigate these effects other than rest and abstain from further LED-induced damage.

As more and more stores and public spaces switch to LED lights there are fewer and fewer places I can go. My local library recently installed LED lights and I can no longer stand to be there for more than ten to fifteen minutes before the debilitating effects take hold. When I job hunt I have to physically check the lighting before even applying, as I cannot work anywhere with LEDs. Needless to say, this severely limits my options in an already poor job market. If the proliferation of LED lights remain unchecked I fear I will end up a virtual shut-in.

I recently purchased a new iPad, released mid 2025, and to my dismay discovered I could not bear to look at it, as the screen was LED and caused immense eye pain, blurred vision, and headaches. I had to return it. My older 2015 iPad, with its LCD display, has never once caused me such problems. Technology is inescapable these days, but what are we supposed to do when the only option, LEDs, is unbearable? I will continue to use my old, safer technology as long as I am able, but I honestly don't know what I will do when it no longer works. LED screens severely impact my quality of life and my ability to function in society.

I have astigmatism, and while my night vision has never been great I can no longer drive at night due to LED headlights blinding me and destroying what little vision I had. I just don't feel safe, and don't want to risk my life or the lives of anyone else on the road.

Trying to locate incandescent and halogen light bulbs is ridiculously difficult and increasingly expensive, but I have no other choice. I ration their usage to preserve the life of the bulbs. And despite their small size LED twinkle lights are especially painful – looking at them feels like being stabbed in the eye. And the headache they cause lingers for hours afterward.

It's obvious the human cost has no bearing on corporate and governmental policies compared to monetary profits, but I beg anyone reading this to please, please put a stop LED lighting before it

can continue to destroy the health of people who've done nothing but be born with sensitive eyes, brains, and nervous systems.

January 9, 2026 – Glen Burnie, MD – Astigmatism

Navigating the road at night with astigmatism feels less like driving and more like navigating a chaotic light show. Every oncoming pair of modern LED headlights doesn't just glow... it explodes into a blinding "starburst" of jagged white lines that stretch across my entire field of vision. These new bulbs are piercingly bright, and because my eyes can't focus the light correctly, each one creates a massive glare that washes out the lane markers and hides the car behind it. It's a constant cycle of squinting against the sharp, blue-white needles of light and waiting for my vision to recover, only to be hit by the next ultra-bright sensor-activated high beam.

January 8, 2026 – Fort Worth, TX – Astigmatism

Disrupted and impaired night vision and additional sensitivities, with all types of emergency vehicles flashing their 'caution' lights. They should all be banned from use, as they have been weaponized against the general population.

Over time these cause degenerative health effects and should be classified as high-frequency weapons.

Simpler, lower intensity, health-frequency tuned soft lights are still visible at night as well as daytime with their flashing and motion across lightbars.

Reform NOW!

January 8, 2026 – Chicago, IL – Photophobia

OMG it's now 2026 and STILL NO CHANGE. Today driving almost every DAM car hit me in the face like a brick with their dam bright solar flares and it caused immense stress and PAIN in my eyes !!!! Why are our lawmakers acting like they can do NOTHING!!!! They don't need to "research" or investigate. Walk outside and just look down the road dammit!!!! Day in and out we put up with something forced on us and can't go out anymore!!!! WTF????

January 8, 2026 – Durham, NC – Astigmatism

Several years ago I decided to stop driving at night entirely, because the glare from the oncoming LED headlights made it impossible for me to see well enough to be a safe driver. So now, during the winter months, I have a very reduced social life. No Holiday parties or dinners out, unless I can ride with someone else. I'm 70 and retired, but if these LED headlights had been a factor when I was working, I don't know how I would have managed if I had a night job. Now I know that most of the women my age, and some of the men, also cannot drive at night anymore. If any of my friends need help at night, I cannot get there to help them. I'm also sure that they damage my vision because after being exposed to them I cannot see clearly for a while. Also, I have read much about how they are very bad for our eyes. Please, please can't we ban them for the health and safety of every one of us?

January 8, 2026 – Centennial, CO – None

I have perfect vision, and every time a vehicle with LED headlights comes towards me, I am blinded, with a dramatic loss of night adapted vision. This is a huge safety hazard, as the dazzling

light obscures the presence of hazards or pedestrians that are unfortunate enough to be caught behind it.

January 8, 2026 – Midwest City, OK – None

I avoid driving at night if possible because of the blinding effects of oncoming traffic. While oncoming traffic passes me, I have no choice but to go straight and hope nothing is in front of me. This never used to be the case. Large and tall vehicles like trucks are especially egregious. If behind me, they illuminate the interior of my car (VW Golf) as well as the interior lights. We need new regulations limiting GLARE, not just total light output. The glare from LEDs is far higher than traditional lighting sources. There are several methods/equations for measuring/calculating glare. Pick one, and use it.

January 8, 2026 – Frederick, CO – Migraine

On the day of the incident I had a line of cars with bright, LED headlights driving towards me. I looked to the right as they passed to limit the effect of the brightness but the last vehicle was a pickup. As it went over a bump I received the full brightness of its LED headlights and couldn't see for a second despite looking to the right already.

The brightness and color temperature of the LED bulbs make it difficult to see at times. The cool color temperature of the bulbs then spoils my night vision after the car passes and takes a few seconds to recover. I find myself closing one eye as a vehicle with LEDs headlights, or LED bar lights, passes so I can still see afterwards at night.

January 8, 2026 – Littleton, CO – Astigmatism

Yesterday I was on my local road at night with an F150 behind me. I could tell by the headlight pattern. The issue was the brightness leading to blinding intense LED light that overtook my visual field as the driver ahead of the F150. I felt unsafe due to the glare even moving my eyes off angle. I pulled over to let him pass as I couldn't drive safely with him behind me.

January 8, 2026 – Rye, NH – Astigmatism

In rainy New England the increase in glare from bright lights on cars and billboards is making it very dangerous to drive at night. Some of the new cars and aftermarket bulbs are brighter and more blinding on low beams than high beams used to be. When it is raining or snowing, the problem is compounded and the risk factor is many times higher than it used to be. In winter when there are snow banks or ice sometimes pedestrians need to walk on the side of the road. At night you can't even see them until the last second due to the glare of oncoming headlights.

January 7, 2026 – Auburn, WA – Astigmatism

Because of the glare and starburst effect of LED super bright headlights, it has become increasingly difficult to drive at night and my eyes test at 20-20 in one eye and 20-10 in the other. These headlights cause an incredible amount of avoidable danger to all drivers. Please regulate the brightness ASAP.

January 7, 2026 – Longview, TX – Migraine

Ocular Migranes

January 7, 2026 – Manhattan, KS – Other

It's really hard to drive safely during the evening hours in a small car with halogen headlights and

my eyesight is being compromised whenever newer vehicles are within 50 feet of my line of sight or my mirrors. And where I live, everyone is in much larger vehicles so there's no reprieve. And more often than not, the brights are on and that makes it even more difficult. This needs to change and soon

January 7, 2026 – Commerce, MI – Other

With cataracts beginning to develop, and the associated halos in my vision, over-bright LED headlights create more significant visual problems for me at night. I am particularly aware of problems seeing construction barriers, traffic lane dividers, pylons and other warning elements with oncoming headlights blinding my view. The intense light and glare also make it hard to see past for individuals walking or riding bikes on the shoulder.

January 6, 2026 – Boston, MA – None

When driving home from work at 5 PM on a Tuesday I was on a curve going downhill when a couple cars with blinding LED headlights approached. I couldn't see the road and my car hit the curb damaging the front wheel of my car.

I have been afraid to drive in the dark for years, not because I can't see the road. I can see the road until a car with blinding LED headlights approaches. Not feeling safe to drive after dark has impacted my work, social and family life.

January 6, 2026 – Suquamish, WA – Other

I used a LED headlamp on a regular basis for 30 years. I started getting headaches and having problems with my vision. I slowly started to lose my sight and while the doctors couldn't tell me for sure it was caused by using the LED headlamp but I believe it was. I did not make the connection between using the headlamp and getting headaches and vision problems until it was too late.

January 5, 2026 – Burlington, WI – Other
possible cancer

January 4, 2026 – Oslo, Norway – Migraine
migraine, flashing eyes and bad concentration

January 3, 2026 – O'Brien, OR – Other

Everyday I am exposed multiple times to headlights clearly above the legal lumen limit. Even in daytime I am forced to look at the passenger side shoulder many times. Besides being a danger and a supreme aggravation, it is likely illegal and NOBODY is doing anything about this. I was considering pointing a 6328 laser above their eyes but found out I could get in serious legal trouble for that. But not them, free to endanger my vision and my life every damn day.

January 2, 2026 – Highland Park, NJ – Astigmatism

LED headlights have made night driving for me an absolutely unbearable experience. I always just assumed my eyesight was getting worse, but then after driving at night while visiting Guatemala, I realized – this is a unique issue to the USA. My eyesight has not changed, the cars here have. Driving at night is straining, exhausting, and stressful beyond words, like it never was before 2016 or so. Please understand that this is such a common experience and issue, and so frustrating to so many millions of people, that the easiest way for the government to do something that makes

people like whoever is in charge is to ban these dangerous, stupid lights. I will probably soften my view on the entire Trump administration if it acted on literally this issue alone.

January 1, 2026 – Hartselle, AL – Migraine
Astigmatism & Vestibular Migraine

December, 2025

December 30, 2025 – Great Falls, Canada – Other
mental disconnect with reality resulting in a fatal shooting

December 29, 2025 – Chester, MD – Migraine
I get ocular migraines from the led lights at lifetime club

December 28, 2025 – Rigby, ID – Epilepsy
Bright lights with new vehicles prohibits my ability to even use my mirrors at night, they are useless. This takes away situational awareness and makes the roads extremely dangerous. I can not believe that these lights are legal to begin with.

Health wise these have triggered a seizure with a passenger of mine a few years ago. They didn't know that they had epilepsy until this moment. These lights are completely unnecessary and cause extreme danger on the road.

December 28, 2025 – Hollis, ME – Astigmatism
For me, encountering high-intensity LED headlights is not a minor nuisance; it is a physical assault. The sensation is immediate and visceral—like a dagger stabbing through my eyes and directly into my brain. This pain triggers an involuntary fight or flight response, forcing me to look away or squint just to cope. The effect is cumulative; each passing car compounds the pain, rapidly triggering a headache that makes my eyes even more sensitive to the next beam.

This physiological reaction creates a critical safety failure. Because I am blinded by the glare, I lose the ability to scan the woods for deer or even track the lane lines in front of me. I have found myself slamming on my brakes in the middle of the road because I simply cannot see where I am going, terrified I might drift into oncoming traffic or get rear-ended. The reality of this danger hit home recently when I nearly struck a pedestrian. I was so overwhelmed by the wall of oncoming light that I was completely blind to a person crossing the street until I heard a horn and saw them in my rearview mirror. These lights are erasing the world around me and endangering lives.

December 27, 2025 – Sanford, ME – Migraine
LEDs give me a headache. I've had to quit driving at night for fear of an accident. Those darn lights are glaring, blinding and unnecessary! They should be against the law.

December 27, 2025 – Chicago, IL – Photophobia
Photosensitive epilepsy, bright LED lights on the street lights, head lights , Lincoln Park zoo lights, Costco, Whole Foods, blinding, making me have to wear Ray-Bans sunglasses at night. It's painful to have to look at a phone, I can't watch TV, can't go to movies, if I'm in a store that has LED lights and I feel like I have to puke. I

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 do not 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, incandescent, became outlawed. I bought a 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