

Why Good Lighting Matters

Better lighting. Better vision. Safer living.

Good lighting is one of the simplest and most effective ways to improve vision. Whether reading, preparing a meal, or moving around the home, the right lighting can make everyday tasks easier, safer, and more comfortable.

Many people assume worsening vision always means stronger glasses are needed. In reality, improving the lighting can sometimes make just as much difference.

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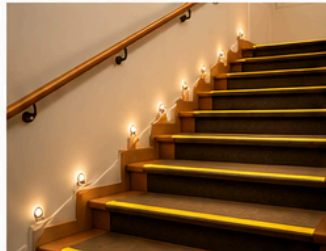
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01/07/2026



Good task lighting makes reading easier and more comfortable.



Well-lit stairs with contrasting edges help you see steps clearly and stay safe.



Glare from sunlight on shiny surfaces can make vision uncomfortable.



Good lighting reduces eye strain and helps you enjoy everyday tasks.



Why Is Lighting So Important?

The eyes need adequate light to detect detail and contrast. As we get older, or when living with conditions such as cataract, glaucoma, or macular degeneration, more light is often needed to perform everyday tasks.

Poor lighting can make reading difficult, increase eye strain, and make steps, kerbs, and obstacles harder to see.

Brightness Is Not the Only Answer

More light is not always better. Lighting should be bright enough for the task without causing glare.



A well-positioned reading lamp often provides better vision than a very bright ceiling light.



Adjustable lamps allow the light to be directed exactly where it is needed.



Too bright / glare



Well-positioned task light



The Problem with Glare

Glare occurs when bright light reduces visual comfort or makes it more difficult to see. It is particularly troublesome for people with cataract, dry eye, and many retinal conditions.

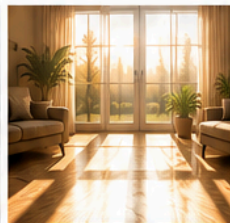
Common sources of glare include:

- Bright sunlight
- Car headlights at night
- Shiny floors or work surfaces
- Uncovered light bulbs
- Light reflected from digital screens

Using blinds, curtains, lampshades, or anti-glare spectacles can greatly improve comfort.



Car headlights at night can cause glare.



Sunlight glare can make seeing difficult.



Blinds and curtains help reduce glare.

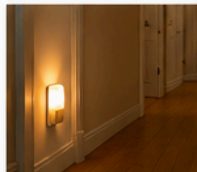


Anti-glare sunglasses help outdoors.



Lighting Around the Home

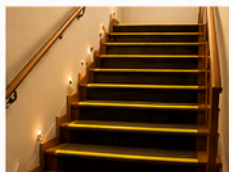
- ✓ Ensure hallways and staircases are well lit.
- ✓ Use bright task lighting for reading, sewing, cooking, and hobbies.
- ✓ Install night lights in bedrooms, hallways, and bathrooms.
- ✓ Replace dim or faulty light bulbs promptly.
- ✓ Avoid sudden changes between bright and dark areas of the home.



Night lights improve safety at night.



Good task lighting helps you see clearly.



Contrasting edges make steps easier to see.



A lamp within easy reach is very helpful.

Improve Contrast



Mark the edge of steps with contrasting tape.



Use large, bold labels on medicines and household items.



Use plates and cups that contrast with the table.



Use chopping boards that contrast with food being prepared.

Lighting and Falls



Poor lighting increases the risk of trips and falls, particularly in older adults and people with reduced peripheral vision or poor contrast sensitivity. Good lighting makes hazards easier to detect and improves confidence when moving around.

Choosing the Right Light



- LED bulbs provide bright, energy-efficient lighting and are suitable for most household tasks.
- Use neutral white light (around 4000 K) for comfortable, natural illumination.
- Adjustable lamps allow you to direct light where you need it most.
- Position the light behind your shoulder, not directly in front, to reduce shadows and glare.

Key Message



Good lighting is one of the easiest and most cost-effective ways to improve visual comfort, increase safety, and support independent living. A few simple changes around the home can make a remarkable difference for people living with sight loss.

