

Glare

Glare is extra light shining where it's not wanted, making things harder to see. Small changes in lighting and surfaces can make a big difference.

Lighting

- **Provide helpful options.** Opaque lampshades or diffusers can point light where it helps, not into eyes. Flexible lamps can direct the light below eye level.
- **Soften sunlight.** Use blinds, shades, or curtains to filter or redirect strong light.
- **Control brightness.** Dimmer switches or smart bulbs let everyone adjust lighting as needed.



Around the House

- **Cut reflections.** Cover glass tables, reposition mirrors, and avoid glossy paints or shiny floors.
- **Choose softer finishes.** Carpets, matte paint, and warmer colors reflect less glare.
- **Make stairs safer.** Use matte finishes and add a contrasting strip to edges.
- **Light screens wisely.** Keep TVs and computers out of direct light, but provide a little room light to reduce screen glare.