



Red light: Why is it better?

Sailing at night represents a set of challenges, one crucial aspect is the choice of lighting. While many sailors might default to white light for visibility, red light is a superior option for important reasons. Understanding why it is beneficial can significantly enhance your nighttime sailing experience and safety.

1.- Preserving night vision

Preserving night vision is crucial for spotting obstacles, other vessels, and changes in the weather.

Human eyes adapt to low-light conditions, this allows us to see better in the dark, but it can be easily disrupted by exposure to bright white light. Red light, on the other hand, has minimal impact on your night vision and is less likely to cause a significant reduction in night vision. This means you can check your charts, adjust instruments, or navigate your cabin without losing your ability to see in the dark.

2.- Reducing glare and reflection

When you're on the water, glare and reflections can be significant issues, especially when dealing with bright white lights. White light creates reflections that can be distracting and even temporarily blinding. Red light reduces this glare, making it easier to maintain focus, it allows you to move around, perform tasks, and read instruments without being overwhelmed by harsh reflections.

3.- Minimizing disturbance to others

Red light provides sufficient illumination for tasks without disturbing the rest of the crew, promoting a more comfortable environment on board.