

Bright white lights can be intrusive and disruptive to those trying to sleep or maintain their own night vision.

4.- Safety and comfort

Red light can contribute to overall safety and comfort on your vessel. In emergency situations, maintaining night vision can be crucial for effective response. Whether you're dealing with a man overboard situation or adjusting sails in changing weather conditions, the ability to see clearly without waiting for your eyes to readjust to the dark can make a significant difference.

Additionally, red light is less likely to attract insects, allowing you to focus without unnecessary distractions.

5.- Enhancing instrument readability

Modern boats are equipped with electronic instruments that are essential for navigation and safety. Many of these are designed with night mode settings that use red or dim lighting to ensure readability without compromising night vision. Using red light in the cabin or cockpit complements these settings, ensuring that all your instruments are easily readable and that your night vision is preserved.

Conclusion

Switching to red light for nighttime sailing is a small adjustment that offers significant benefits. From preserving night vision and reducing glare to minimizing disturbance to others and enhancing safety, red light proves to be an invaluable tool for sailors navigating at night. So next time you set sail under the stars, make sure to switch to red light and enjoy the night to its fullest!

Source:

<https://exposuremarine.com/blogs/news/why-you-should-use-red-light-when-sailing-at-night>