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Yes, it is best to sleep in total darkness, but no one will judge you if you need a little night time light in (or nearby) your bedroom. Whether you're worried about stubbing your toe on your way to the bathroom, getting to bed without upsetting your already sleeping partner, or legitimately afraid of darkness, there are plenty of perfectly good reasons to have a night light. But because we know that too much light, or the wrong kind of light, can have a negative impact on your sleep and your body's ability to produce melatonin, it's important to get the right near tlight. With so many options to choose from, it can be difficult to narrow the field. We do some of the work for you, below, with our picks for some of the best night lights for your needs. Best Night Light PicksLooking for more info? Read on to see why each of these night lights landed in our top picks list! Top Picks DetailedBest night lights for kids: Boon Glo Night Light.Many night lights are designed with kids in mind, but we chose this one in part because its modern design makes it something your child doesn't have to grow out of. The funky, sculptural lights can be programmed to shine in a variety of colors, and the removable GLO balls emit a gentle green light for up to 30 minutes if removed from the base while still being cool to the touch - perfect for reading under cover or a late night bathroom break. The Boon Glo Night LightBest night light for infants/babies: Project Nursery Lion Sound Machine with Nightlight.This adorable lion can sit on any flat surface in your child's room and is powered by four AAA batteries or an included A/C adapter. Leonine night light provides enough lighting for a late night diaper shift or check-in, and its mane acts as a speaker through which a selection of songs or gentle white noise can be played. The controls are hidden at the back of the light for a more aesthetically pleasing appearance (and to make it harder for small hands to inadvertently change any settings), and include a sleep timer that can be set to 15, 30, 45 or 60 minutes. The Nursery Lion Sound Machine project with Nightlight from frontBest night light for seniors: Mr. Beams MB723 Stick-Anywhere Night Light.It can be dangerous for anyone walking around in the dark, but age-related vision and mobility problems make it particularly dangerous for seniors. Lights are a safety issue, but turning on all the lights for a trip to the bathroom or kitchen is not ideal. These AA battery-powered, low-profile LED lights can stick to almost any flat surface and only turn on when they detect movement. Put them on stairs, along your hallway, and on bump-outs or odd corners to avoid stubby toes and dangerous falls. Mr. Beams MB723 Stick-Anywhere Night LightBest night light for reading: SomniLight Rechargeable Amber Book Light.If You Ever Have for reading before bed sometimes makes you feel more awake, it may be because of the light you use to read off. Many lamps and book lights have bright bluewhite bulbs, presumably to provide as much light as possible. But that kind of light can also have a negative impact on your sleep cycle. This orange-hued, double-armed, clip-on lamp will illuminate your book (or unlit e-reader), but won't confuse your melatonin production. You may find that you read fewer pages, but sleep better as a result. The SomniLight rechargeable Amber Book LightBest night light for times: iAvo Soft Red Glow LED Night Light.It's late. You've put your phone in downstairs and you're doing your best to avoid bright light so you can ease yourself to sleep. But you still have to get to your bedroom without tripping up the stairs or tripping over the dog. These low-profile plug-in lights will guide you to your room with a gentle red glow that won't stimulate your brain in a state of wakefulness so you can fall asleep faster. GRDE Wall Mount Charger with Dusk for Dawn Sensor LED Night LightBest night light with auto shut-off: GRDE Wall Mount Charger with Dusk for Dawn Sensor LED Night Light.Et of the biggest problems with night lights is that they usually require an outlet that may be needed for something else. The GRDE wall mount charger has two sockets and a USB port on each side, plus the opening at the top gives you a place to give your phone a plug while it's plugged in. Even better: The dusk-to-dawn sensor of light means the light goes off when the sun rises (or other lights in a room are on), so you never have to worry about remembering to turn it off in the morning. GRDE Wall Mount Charger with Dusk to Dawn Sensor LED Night LightBest night light for bedroom: Windsor Seasons Handmade Natural Crystal Himalayan Salt Lamp with Neem Wood Base.The benefits of Himalayan salt lamps are many: they can help detoxify the air around them (which in turn can relieve asthma and allergy symptoms), release negative ions (which among other things can increase seratonin and help treat seasonal affective disorder) and reduce electromagnetic radiation and static electricity. What's more, their gentle yellow glow helps illuminate a room, but won't have a negative impact on sleep — they can actually be downright soothing as you slide away. The Windsor Seasons lamp we chose here is small enough to fit on a bedside table or end table, but sturdy enough that you probably don't have to worry about knocking it over, and it features a dimmer so you can control exactly how much light filters through saltThe Windsor Seasons Handmade Natural Crystal Himalayan Salt Lamp with Neem Wood BaseBest night light for nursing : Born Free Night Night Nursing Light.Of all the wonderful and amazing things babies, perhaps the most wonderful and amazing of all is that they can eat and sleep at the same time. But parents need to make sure everything is well, and turning on the lights to make sure their babies have properly locked can wake the little one to the point that now no one is going to get any sleep. This palm-sized light is bright enough for you to see, but don't wake up, your baby and clip on you so you can keep both hands free. As a bonus, Nighty Night Nursing Light has a built-in, vibration-based alarm so you can track feeding time (or wake yourself up if you happen to fall asleep nursing). Born Free Nighty Night Nursing LightBest Motion Sensitive Night Light: AmerTac 73092CC LED Motion-Activated Nite Lite. Night light can be ugly, but AmerTac's motion-sensitive light has a sleek decorative look to it that won't stand out (or stand too far away from the wall), regardless of your décor. With over 1200 five-star reviews on Amazon, this popular plug-in turns on when it detects motion up to 25 metres away and turns off after a minute, meaning it's only turned on when you need it — and the long-lasting LED bulb means you never have to worry that the light will fail you. The AmerTac 73092CC LED Motion-Enabled Nite LiteBest night light for bathrooms: Witshine Rechargeable 16-Color Toilet Night Light.You may be able to get to the bathroom in the dark, but once you're in there, can you do what you need to do without turning on the lights? Witshine's rechargeable and waterproof night light shines in 16 colors and illuminates the most important part of your bathroom for these late trips: the restroom. Aim safely without waking yourself too much with the bright bathroom lights. Witshine Rechargeable 16-Color Toilet Night LightBest nightlights for potty workouts: Claessens 'Kids Kid's sleep My Lantern Portable Night Light.This bunny-bedecked bedside light glows in multiple colors and can play soothing sounds to lull your child to sleep. But more importantly, the light can be easily detached from scratch and used as a lantern to guide your little one to the bathroom in confidence, without any reason to be afraid of darkness (or wake mom and dad). The Claessens 'Kids Kid'sleep My Lantern Portable Night LightWho is afraid of darkness? Definitely not you, with one of these useful night lights. Choose the one that best suits your needs and say goodbye to stubby toes and night horrors for good. Get the latest deals, discounts, reviews and gifts! Source: Eufy Best Night Light Android Central 2020 The best night lights aren't just for people who are afraid of the dark. They come in handy to help you see your way to the bathroom in the middle of the night or for some mood lighting for reading and resting. The Emotionlite Plug-in Night Light is the best night light because you get six per pack to place in rooms or hallways in the home and they have rotating heads so you can adjust the direction of the light as needed. It produces a warm white glow that automatically turns on when needed, and it plugs into any standard connector without blocking the other outlet. Source: Amazon These circular lights come in packs of six and plug into a standard outlet without blocking the other outlet. What makes them stand out, however, is that they offer 360-degree rotation so you can adjust the direction of light as needed. The dusk to dawn sensor means that the lights are automatically turned on when ambient lighting is no longer sufficient, and they provide a warm white glow with six sultry brightness. Unfortunately you can't adjust/dim the light, but chances are you don't have to anyway. Designed for indoor use, they offer an up to 50,000-hour lifespan, making them ideal for bedroom, hallway, kitchen, bathroom or staircase. They also come with a 45-day money back guarantee. And while you might not need all six of the night lights, the price is affordable enough that it's worth getting to keep the others as spare parts. 360-degree rotation Six in a package for good value Money back guarantee security Blocks no other oulet Can't adjust the light level Can be more light than you need light all over the rotating heads and dusk to dawn sensor makes these night lights perfect for any room or hallway in the home. Source: Amazon These square lights provide plenty of brightness as needed. But the best part? You can dim the level of the warm white light via adjustable brightness using the slide switch. The smart dusk to dawn sensor means that the light only turns on when necessary, automatically sensing when ambient light is not sufficient to facilitate the space or hallway where it is located. The LED bulb also has a lifespan of 50,000 hours. The night light is plugged directly into one socket and doesn't block the other outlet, so it's ideal for placing almost anywhere in your home. With a maximum power consumption of about 0.5 watts, the LED light is also energy efficient. You get two in a package that offers great value. Affordable prices Stepless dimming for adjustable brightness Energy Efficient Blocks no other outlet Larger in size than some of the other Adjustable brightness Enjoy stepless dimming with this adjustable night light that adjusts in brightness to suit your needs. Source: Jasco You can place this night light pretty much anywhere in the home, as with the others on this list. But this one is especially suitable for the bathroom thanks to its stylish glossy white finish that will fit into the décor of most bathrooms. Because you can not adjust the light level, but this night light may be better where brighter light is needed, just like in the bathroom. Set this effective LED light to a and it will automatically turned on when the bathroom lights are turned off, providing enough lighting so you can get to the toilet in the middle of the night without having to turn on the bright bathroom lights. The light stays cool to the touch even when connected, leaving the other outlet free to connect other devices, like an electric toothbrush, razor or blow dryer. It's available in two packages, so you can use an extra one in another part of your home. Bright light suitable for bathrooms Stylish and unique looking Energy Efficient Blade second outlet for free Can't adjust light level

Some don't like the look and size Too bright for some Styling in the bathroom This light fits into your bathroom décor and provides adequate lighting for late trips to the loo. Source: Amazon Unlike the other night lights on this list, this one is not a small light that is plugged right into an outlet and sits on the wall that comes on when it senses light is needed. It is actually also a lamp that can sit on your nightstand and is touch-enabled. So in addition to a night light, it can also act as a table, reading, and bedside lamp. Plus, it also has color-changing LEDs that you can switch between by simply touching it. Press it for more than three seconds to turn it off or on. The maximum brightness of 9.25 watts can be adjusted from dim to high, so you can keep it dim while you sleep, or turn up to medium or high when reading in bed. Set it to automatic cycle RGB colors or to fixed to suit your mood or setting. It has a 360-degree light panel that provides consistent light and can work while unplugged via the battery that lasts for up to eight hours at minimum brightness or up to four hours at maximum. This means that you can easily move it from room to room as well. Use your standard phone wall adapter to recharge the lithium-ion battery with the included charging cable. It comes with a one-year warranty and a 30-day warranty. Doubles as a table lamp Adjustable brightness Works unplugged via built-in battery Can cycle between different RGB colors May be larger than you need Colors may not be necessary You have to manually turn on the Night light and table lamp This is not only a sufficient nighttime light for the nightstand, but also a touch-activated lamp with adjustable brightness. Source: Eufy Grab a package of these four lights that are ideal for use in hallways and corridors where some dim lighting will make navigating the darker easier. The small lights provide warm, white glare-free lighting that automatically turns on and off depending on the surrounding lighting. Plug one to the right into an outlet and it will not block the other outlet. From the same team at Anker, the lights are made of fireproof material and use a discreet design and ivory finish that can easily fit into a standard electrical outlet, or even wall, of your paint color. The curved back plate helps to produce even yourself With 9 watts, you cannot adjust the light level. But it gives just enough so you can see, but not too much to be distracting. And with four lights in a package, you can place them in every hallway or room of the home that family members can go through at night. Small and discreet design Right amount of light for the aisles will not block another outlet Will adjust depending on ambient lighting Fire-pack is a great value Light you can't see Get adequate night lighting from light that blends seamlessly into your décor with an ivory color and discreet design. Source: Jasco Philips is a reliable brand in the home lighting space, and this night light also doubles as a surge protector and wall adapter that can extend the two-outlet panel on the wall. Plug it into a power outlet and get four earthed sockets along with a pair of 2.1-amp USB outputs to recharge your mobile devices. It even has a neat groove at the front to hold a small device while it charges, like a smartphone, portable gaming device or smartwatch. Outlets are side-mounted so that the units do not protrude in the middle of the hallway or on the floor of the room. Built into the front panel is a night light that can increase the outlet's visibility as well as provide light lighting in a dimly lit room or hallway area. Dusk till dawn intelligent light sensor means the night light only goes on when needed and automatically turns off when it is not. It offers a total of 4.2 amps and 21 watts. Finished in white, there are also multi-pack options as well as versions with multiple sockets and USB inputs. Surge protection as well as night light Expands an outlet to connect multiple devices Convenient design Dusk to dawn light sensor Large in size May be more than you need Brightness not adjustable Expand your power outlet Get a convenient night light while expanding the power outlet so you can recharge and turn on multiple devices in one place. Some of the essential features you want in a night light include dusk to dawn automatic light sensing so they only turn on when needed and can be plugged in in 24/7 and a small and discreet design that looks good and also doesn't block the other outlet. Most of these night lights fit the bill. But the Emotionlite Plug-in Night Light is great value because you get six lights in the package that you can use around the house. While the brightness cannot be adjusted, it is just the right amount of light for hallways, bathroom, kitchen or other rooms in the home. And the rotating head means you can adjust the direction of the light so it points right where you need it. The price is also right. Credits - The team that worked on this guide Christine Persaud lives in Toronto, Ontario Canada with her husband and 8-year-old son. Aside from her family, her greatest passions include cooking, baking, tech, television and big We can earn a commission for purchase using our links. Learn more. More.

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