

Programmable Night Lights Using the LilyPad Arduino

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Night lights can be created with simple programming knowledge and LilyPad Arduino. Many children have difficulty going to sleep and the LilyPad Arduino provides a way for parents and children to have fun while also making children feel comfortable going to sleep.

The LilyPad Arduino (Figure 1) contains a microcontroller and can be easily be programmed with [Arduino software](#). This activity introduces children to the world of computing while also providing a comforting night light for their rooms.

These night lights both play music and light up and can be programmed to an infinite combination of songs and light sequences. Although many adults are wary of night lights, associating them with myopia, according to a study at JAMA Optomology, there is no data to uphold that association.^[1] LilyPad Arduino programmable night lights are fun, programmable, and safe.

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The promotional video can be accessed [here](#).

References

- [1] Richard E. Appen, Ong E, Held R, and Thorn F. Are the Sky and Night Lights Falling? *Archives of Ophthalmology*, 118(5):701, May 2000.

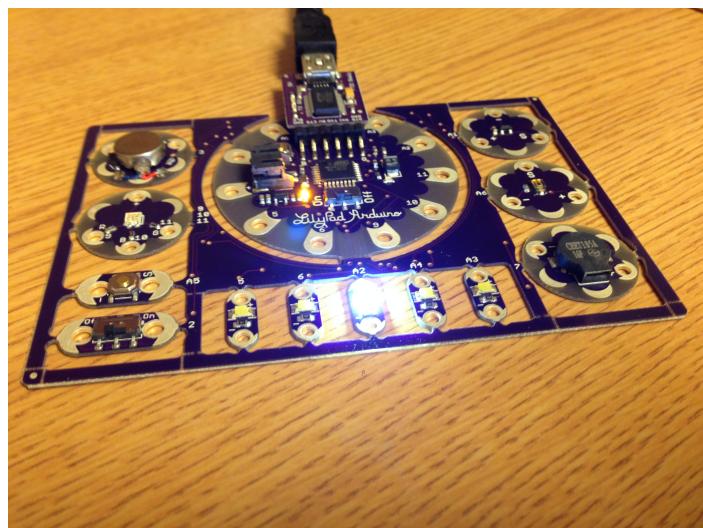


Figure 1: LilyPad Arduino