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Best Night Lights of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Night lights illuminate space and can meet other personal needs. For example, while some shoppers may only want a basic night light, others may be looking for one with motion-sensing capabilities or one that automatically turns on and off depending on the amount of light in the space. Others may even be looking for an all-in-one solution to help their children – or themselves – sleep more soundly and wake up well rested.

Regardless of your preferences, our recommendations for the best night lights suit a range of lighting needs and budgets.

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Our Top Picks

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Best for Babies: [Hatch Rest »](#)[Jump to Review ↓](#)**Best for Bathrooms:** [Maz-Tec Plug-In LED Night Light »](#)[Jump to Review ↓](#)**Best Smart:** [Philips SmartSleep Connected Sleep and Wake-Up Light »](#)[Jump to Review ↓](#)**Best Overall****Energizer Four-in-One LED Power Failure Nigh...****PROS:**

- ✓ Features light-sensing technology
- ✓ Includes backup battery
- ✓ Multifunctional

CONS:

- ✗ Not dimmable
- ✗ Doesn't offer any white noise or alarm features

[Buy From Amazon](#)

The Energizer Four-in-One LED Power Failure Night Light earns the top spot on our list. In addition to functioning as a night light, this model works as a tabletop light, a power-failure light, and a [rechargeable flashlight](#). When plugged into the wall, the backup battery charges. That way the light will be ready to continue functioning as a night light or be used as a flashlight for other purposes in the event of a power outage.

This model features a long-lasting LED bulb. It also has a light sensor and will automatically turn on when the room is dark and turn off when the room is lit – either by the sun or a lamp. The night light features a slim profile and doesn't block access to the second outlet when plugged into the wall.

Specs

List Price:	\$26.27 (two-pack)
Dimensions:	0.79 in. D x 1.77 in. W x 2.17 in. H
Power Source:	Plug-in with rechargeable battery

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Best Budget

GE Color-Changing LED Night Light »

**PROS:**

- ✓ Affordable
- ✓ Three lighting modes
- ✓ Automatically turns on and off at dusk/dawn
- ✓ Compact size

CONS:

- ✗ Doesn't come with a backup battery
- ✗ No motion sensor

[Buy From Amazon](#)

The GE Color-Changing LED Night Light will allow you to illuminate your space without spending a fortune. It costs less than \$10 but still offers a range of useful features. The color-changing light offers eight different color options to match various preferences, as well as three lighting modes including solid color, color-changing (which rotates through the eight colors), and soft white.

This product features a light sensor that automatically turns the night light off once it detects light in the room. Similarly, when the ambient light is gone, the sensor will trigger the light to turn on. As an LED night light, this model

remains cool to the touch. It offers a slim compact profile and is Underwriter Laboratory (UL) certified, meaning it meets strict safety requirements.

Specs

List Price:

\$8.99

Dimensions:

1 in. D x 2.5 in. W x 4 in. H

Power Source:

Plug-in

[Buy From Amazon »](#)

Best for Kids

LittleHippo Mella »



PROS:

✔ Child-friendly design

CONS:

✘ Can be tedious to adjust settings

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✔ Can also function as a nap timer, an alarm clock, and a sound machine

✔ Six color choices

✘ Battery will preserve settings but not allow unit to function in a power outage

[Buy From Amazon](#)

If you have young children, the multifunctional LittleHippo Mella might be a good option to consider. It offers six color options, allowing you and your little one to find the color that’s most comfortable and soothing for them. There are also three brightness settings for further customization.

The LittleHippo Mella is much more than just a night light. It can function as a sleep trainer, an [alarm clock](#), a nap timer, and a [white noise machine](#). Deirdre Mundorf, the author of this piece, has used this product with her daughter. She appreciates that the clock glows green at the designated wake-up time and found that this helped her daughter stay in bed longer before she was able to read the time.

Aside from the wake-up time feature, you can program the clock to change color and “go to sleep” at your child’s bedtime. Additionally, you can set a pre-bedtime play period with a yellow light and set a countdown timer for naps. Another perk: This device offers three sleep sound options for children who need some background noise to drift off to sleep.

Specs

List Price:	\$49.99
Dimensions:	4.25 in. D x 4.25 in. W x 4.5 in. H
Power Source:	Corded electric with battery

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<https://www.usnews.com/360-reviews/home-goods/best-night-lights>

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Best for Babies

Hatch Rest »



PROS:

- ✓ Works as a night light, sound machine, time-to-rise clock, and more
- ✓ Settings can be adjusted using the app
- ✓ Quick-access button to turn on night light

CONS:

- ✗ Doesn't include a backup battery
- ✗ Not very budget-friendly

[Buy From Amazon](#)

The Hatch Rest offers several features to help babies sleep soundly. The Rest can be controlled through the Hatch Sleep app where you can adjust the night light's color and brightness without having to enter the room and disturb the baby's sleep. Alternatively, there are buttons on the bottom of the device that allow you to adjust these settings. For middle-of-the-night

feedings and diaper changes, you can also turn on the night light feature using the quick-access button.

Aside from the night light feature, the Hatch Rest can also work as a sound machine, offering about 18 different sounds that you can play to help drown out noise and help your little one sleep.

Even as your baby grows older, this device can continue to help promote restful sleep. For instance, the Rest can be used as a time-to-rise clock, changing color at the predetermined time to let the child know that it's OK to get out of bed. There's also an LED clock, which you can dim or turn off depending on the sleep preferences of your child.

Specs

List Price:	\$59.99
Dimensions:	4 in. D x 4 in. W x 6.6 in. H
Power Source:	Corded electric

[Buy From Amazon »](#)

Best for Bathrooms

Maz-Tec Plug-In LED Night Light »

**PROS:**

- ✓ Adjustable brightness
- ✓ Dusk-to-dawn sensor
- ✓ Affordable

CONS:

- ✗ No motion sensor
- ✗ No color options

[Buy From Amazon](#)

If you're looking for a night light for your bathroom, the Maz-Tec Plug-In LED Night Light is a solid pick. It features a dusk-to-dawn sensor so you won't need to turn it on every night and shut it off each morning. This night light offers a warm white bulb with adjustable brightness. Depending on your preferences and how visible the light will be from the bedrooms, you can dim or brighten it between 0 and 15 lumens (a measurement of perceived light produced from a power source).

This unit offers a plug-in design so you won't need to worry about recharging batteries. Also, it won't take up space on a tight bathroom counter or end up too close to a water source. Each set comes with two night lights, leaving you with one for an additional bathroom, a hallway, or another room in your home.

Specs

List Price: Starting at \$15.99 (two-pack in Warm White)

Dimensions: 0.7 in. D x 2.76 in. W x 2.79 in. H

Power Source: Plug-in

[Buy From Amazon »](#)

Best Smart

Philips SmartSleep Connected Sleep and Wak...



PROS:

- ✓ Compatible with SleepMapper app for customization and sleep tracking

CONS:

- ✗ Expensive
- ✗ Doesn't include a backup battery

- ✓ Light-guided breathing function to help induce sleep
- ✓ Smart touch display for easy control

[Buy From Amazon](#)

If you're looking for a night light that'll do more than just provide some illumination after dark, consider the Philips SmartSleep Connected Sleep and Wake-Up Light. This smart night light is designed to help users get the most restful and rejuvenating night's sleep possible. You can program it to support healthy wake-up and sleep times that match your schedule by setting a personal sunrise and sunset time. At the set "sunrise" time, the light will glow a bright white color to help wake you up, while at the "sunset" time you can customize the color for a more soothing effect.

This device features built-in sensors to measure the light, noise, temperature, and humidity levels in your space. When you use the SleepMapper app, you can view suggestions on ways to improve these values to promote better sleep. If you wake up in the middle of the night and need some light to find your way to the bathroom or to complete another task, you can turn on the midnight light by tapping on the device. (Once back in bed, a few additional taps will turn it off so you can get back to sleep easily.)

Some of the other notable features of this model include the PowerWake alarm that combines lights and sounds, the light-guided breathing and relaxation exercises, and the ability to customize the wake-up sounds for the alarm feature.

Specs

List Price:	\$219.95
Dimensions:	8.8 in. D x 8.6 in. W x 4.7 in. H
Power Source:	Corded electric

[Buy From Amazon »](#)

The Bottom Line

The right night light for you will vary based on your specific needs. We chose the Energizer Four-in-One LED Power Failure Night Light as our top pick because of its slim profile, multifunctional design, and light-sensing technology. However, depending on your budget, whether you're shopping for yourself or for children, and whether or not you're looking for any smart features, you might decide that one of the other models we recommend is a better fit.

Things To Consider When Buying Night Lights

Size: You want to ensure that the light will physically fit in your space, whether it will be plugged into an outlet or set on a [dresser](#) or [nightstand](#). When choosing a plug-in night light, one with a slimmer profile may be a good choice to minimize the amount of space that's taken up. If the night light is designed to sit on a flat surface, you should consider the location of the nearby outlet and make sure that the cord is long enough.

Beyond fitting in your space, you also want to make sure that it's appropriately sized for the room. For example, if you have a large room, a tiny night light might not let off enough light for the space and the device may look out of place. Similarly, a large, overly bright night light probably isn't the ideal choice for a small bathroom.

Power Source: There are both plug-in and battery-powered night lights available, so you'll need to think about which type you prefer. There are pros and cons associated with each power source, so you'll want to weigh these against your personal preferences and how/where you plan on using the night light.

With a plug-in night light, you don't need to worry about the batteries running out or remembering to charge them. However, positioning the light may be more challenging with the limitation posed by the cord, and it could present a potential safety hazard when placed in a child's bedroom. Plugging in the cord will decrease the number of available outlets in the space to accommodate other devices, such as cell phone chargers or speakers.

Battery-powered night lights offer a solution to some of the downsides of plug-in models. There's no need to position the light close to an outlet, and these night lights won't block you from using the outlets for other devices. However, you need to remember to charge the batteries in rechargeable models. If the batteries aren't rechargeable, you'll want to factor the recurring costs of purchasing new batteries into your decision.

Brightness and Color Temperature: Paying attention to brightness and color temperature is key when searching for a new night light. Generally, dimmer night lights are better. However, the ideal brightness may vary depending on where you plan to place the night light. For example, you might want a slightly brighter light in a hallway than you would in a bedroom. Child sleep specialist Gemma Coe explains, "Light has a really powerful effect on our circadian rhythms (body clock), so going into bedtime with bright lighting may indicate to your child that it's just not time to sleep yet! Slowly reducing the level of brightness can really help make that transition between day and night feel smoother and more natural." Choosing a light with adjustable brightness can help you achieve this goal.

Regarding color temperature, Coe shares, "It's been shown that some 'cooler' colors on the light spectrum (blue and white lights in particular) can delay the onset of the production of melatonin, the body's hormone that signals it's time to sleep." Seyman Usta, interior design specialist and co-founder of Seus Lighting, notes, "A warmer color temperature, closer to that of candlelight, can promote relaxation and improve melatonin production."

If you're choosing a light for a bedroom, opt for one with a red or orange color temperature. For bathrooms or hallways, a light with a yellow color temperature may be best to help individuals see more clearly.

Additional Features: While some night lights are basic, others come with some bells and whistles. Depending on what you're looking for, you might be interested in

choosing a model with a few additional features. For example, Coe shares that being able to control how long the light stays on is a feature that some parents might want to look for. She explains, "You can set the brightness to dim and turn off when they fall asleep." Other features that may be appealing, specifically for parents of young children, include models that pull double-duty (or triple-duty) and function as an alarm/OK-to-wake clock and a white noise machine.

If you're looking to use a night light in a hallway or bathroom, then you might want to purchase one with a motion sensor to conserve power. These models will automatically turn on when they detect motion. If you're looking for a motion-sensing night light for a hallway, be sure to look for one with a wide radius to ensure it turns on quickly to minimize trip hazards.

Aesthetics: You want to make sure that the light you choose looks like it belongs in the space where you plan to put it. Beyond that, finding a light that'll enhance the overall aesthetics of the space would be ideal. Consider the style, shape, size, color, and material of each light to help you make the right choice.

How We Chose the Best Night Lights

Child sleep specialist [Gemma Coe](#) and interior design specialist and co-founder of [Seus Lighting](#) Seyman Usta both offered their expert advice to help us put together our recommendations for the best night lights. In addition to taking their insights into account, we also consulted feedback from professional reviewers and looked at ratings left by everyday customers. When narrowing down our selections, we made sure that we presented a range of lighting types and styles to suit different needs and budgets.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Deirdre Mundorf](#), the author of this piece, has several years of experience writing product reviews about home and family products. In addition to contributing to U.S. News & World Report, she has written for several other publications, including USA Today, Discover Magazine, and Bob Vila.

FAQ

What safety precautions should I keep in mind when purchasing a + night light for my child's room?

Can night lights impact sleep quality?

+

What are the benefits of LED night lights compared to traditional + bulb night lights?

+

About Our Team



Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

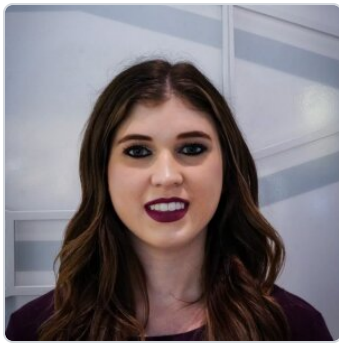
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Marlo Jappen Porto

Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered



compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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