

Reading in the Dark

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The effects of blue light has been a subject of study for years and results indicate that blue light has some positive effects on the body such as an increase in attention, reaction time and mood. At night, however, it can disrupt the circadian rhythm, suppress melatonin and result in difficulty falling asleep. There have been several proposed solutions to this problem including blue-light blocking glasses and software that reduces the amount of blue light produced by digital screens. Dark Reader is a browser-based addon that will provide a dark mode version of every website. This effectively limits the blue-light portion of the screen to the bright text on the dark background, rather than the inverse. Due to the dynamic nature of web design, sometimes there are situations where the algorithm doesn't make all of the necessary changes and some manual intervention can provide a consistent look across the web.