

Here's how to keep screens from ruining your vision

Laboratory studies have shown that **prolonged** exposure to high-intensity blue light damages retinal cells in mice. But **epidemiological** studies on real people tell a different story.

prolong 延长; 拖延

epidemiological 流行病学的

So, why the disconnect between blue light's effects on rodent eyes and human eyes?

Human eyes are different than rodent eyes. We have protective elements, such as macular pigments and the natural blue-blocking ability of the **crystalline** lens. These structures absorb blue light before it reaches the delicate **retina**.

crystalline 透明的; 晶体状

retina 视网膜

Just because blue light isn't harming your retina doesn't mean your electronic devices are harmless. Because of its wavelength, blue light does disrupt healthy sleep physiology.

Mounting evidence suggests that screen time before bed increases the time it takes to fall asleep. It also robs you of restorative rapid-eye-movement sleep, **dulls** focus, and diminishes brain activity the next day.

mounting 支撑物; 增加的; 攀登

dull 使迟钝

There are ways to make your screen viewing more comfortable and more **conductive to** sleep.

conductive to 有帮助

First, turn off your electronic devices before bed. Outside of the bedroom, when you do look at your screens, lower the brightness.

Second, follow the "20-20-20" rule. The American Optometric Association defines this rule as taking a 20-second break every 20 minutes to look at something 20 feet in the distance. This will allow your eyes to **blink** and relax.

blink 眨眼; 闪烁

Third, use *lubricating* eye drops before extended computer use. This tactic will reinforce the body's natural tears and keep the eye's surface *hydrated*.

lubricate 润滑；涂油

hydrated 含水的