Study Title: Impact of Blue Light on Sleep Quality

Findings:  
- Participants exposed to blue light 2 hours before bed showed 22% reduced melatonin levels.  
- Subjects who used blue-light filters reported improved sleep onset time by an average of 14 minutes.

Conclusion: Prolonged blue light exposure negatively impacts sleep quality. Usage of blue-light blocking glasses or screen filters is recommended in the evening.  
  
Title: Salaar – A Brutal Symphony of Action and Emotion  
Released Date : 22 December 2023

Review:

Director Prashanth Neel crafts a visceral action epic in "Salaar", led powerfully by Prabhas. The film plunges viewers into a dark, intense underworld where betrayal, loyalty, and power define the rules of survival. The cinematography is gritty, capturing raw combat sequences with an operatic flair. Ravi Basrur’s background score accentuates each blow and twist.

Prabhas delivers a brooding, controlled performance that speaks more through silence than dialogue. The screenplay, while complex, effectively builds the world and characters layer by layer. Shruti Haasan, in a limited role, complements the narrative without dragging the pace.

Though the runtime feels stretched in parts, "Salaar" succeeds in blending mass appeal with stylistic storytelling — a rare feat in modern action cinema.

Rating: 4.2/5