



IRIS TECHNOLOGIES



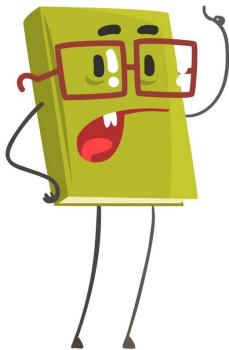
**How effective are blue
light blocking glasses and
should you choose them?**

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In the last couple of years, blue light blocking glasses have become very popular.

Especially among people who have to sit in front of a computer all day.

While some swear by it, others are sceptical about the real effects of those glasses.

What is the truth though?



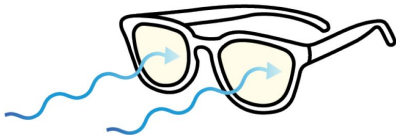
Introduction

As much as we would like to answer this question simply, we are unable to do so.

This is due to the fact that results from research are contradictory.

However, we have gathered information from reliable sources which can give us a better understanding on how blue light blocking glasses work.

And do they really work?



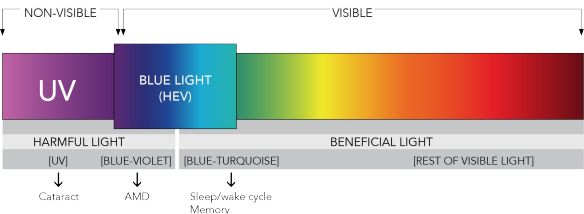
What is blue light?

In the beginning, we should explain what blue light is.

It is a short-length visible light from the colour spectrum.

Blue light is found naturally in the sun and is responsible for making us stay awake and upbeat.

So, if we are exposed to blue light even after sundown, our circadian rhythm will mostly likely go crazy.



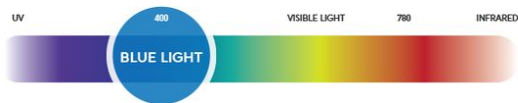
In turn, this will result in sleep disturbances.

The sun is not the only source of [blue light](#).

The latter is emitted from the screens of all our devices, including e-books and LED lights in particular.

Therefore you should really reconsider scrolling the social media before bed or reading a digital book.

But more on that later on!



What are blue light blocking glasses?

The principle of blue light blocking glasses is simple: there are filters in the lenses, blocking or absorbing the blue light (sometimes UV light as well) from getting through.

This way they reduce the [blue light](#) you are exposed to.

If you use a computer or other device in the evening, blue light blocking glasses are said to prevent the blue light emitted from the screen from keeping you awake.



Do blue light blocking glasses improve sleep?

One of the most often mentioned benefits of blue light blocking glasses is its ability to improve sleep.

As we have clarified above, [blue light](#) is closely connected to our sleeping cycle.



In 2019 researchers from Colombia University have conducted a study on whether blue light blocking glasses improve insomnia symptoms.

Even though it found a significant improvement in terms of quality and quantity of sleep, the study can not be fully trusted.



The researchers themselves noted that they failed to measure the actual melatonin levels.

This means the better sleep could be influenced by other factors and not (only) the blue light blocking glasses.

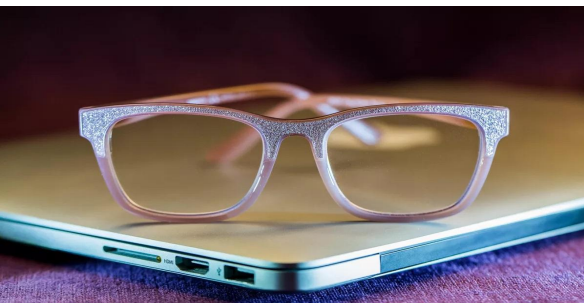


However, a study with shift workers in the post centre of Quebec also showed increased sleep efficacy and decreased sleep fragmentation.

8 shift workers wore blue light blocking glasses in a time period of 2 weeks.

Their wrist activity and records were monitored.

As we can see, more data is needed in order to say clearly if blue light blocking glasses improve sleep or it is rather a combination of elements.



Blue light blocking glasses and digital eye strain

According to Rahul Khurana, M.D., an ophthalmologist and vitreoretinal surgeon in Northern California and spokesperson for the AAO, digital eye strain is the biggest problem of the time spent in front of a device's screen.

He says that it is not caused by [blue light](#) but rather by focusing on a single object for too long.



But do not worry - you can prevent digital eye strain with a few simple exercises! Check them out in one of our previous articles!

It is also unlikely that blue light blocking glasses will protect your eyes from any lasting damage.



This is due to the fact that it is yet unproven whether blue light actually damages our eyes.

Khurana thinks that "It doesn't make sense to spend money on something that has no real benefit."

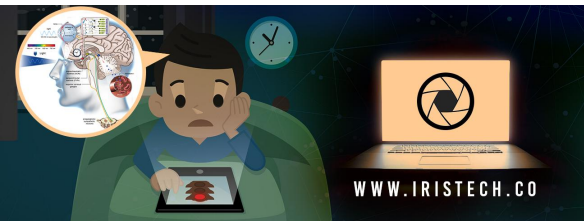
If you still want to give the blue light blocking glasses a go but wonder if there are any risks.

Khurana says there is no evidence for such risks since this kind of glasses has not been studied enough.

However, it is possible that wearing the blue light blocking glasses at night strains your eyes in a different way.



Blue light blocking glasses vs. Iris



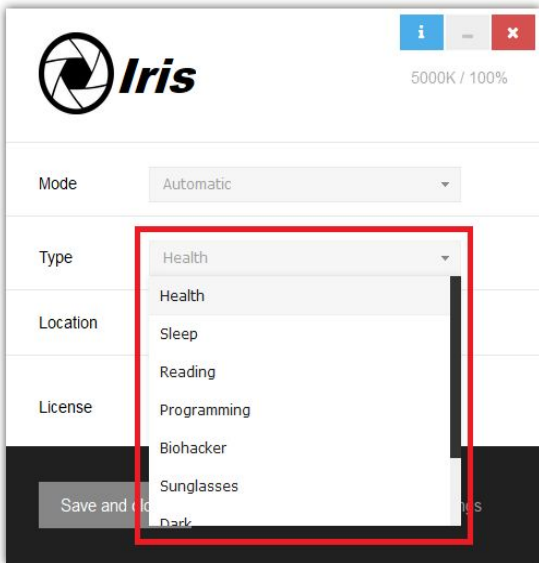
After we have listed what is said to be the benefits of the blue light-blocking glasses, we will compare them to our blue light blocking software, Iris.

Unlike on a blue light blocking software (such as [Iris](https://www.iris.tech)), you can not regulate the quantity of the emitted blue light.

At night it should be lower, while it can be higher during the day.

Iris allows you to control how much blue light you are exposed to.

Furthermore, [Iris](#) has several different modes and types and you can customize it a lot.



Blue light blocking glasses can not be regulated in any ways which make them, more or less, not as effective.

A very unpleasant scenario - you can break your blue light blocking glasses.

Yes, there are some quite cheap pairs but a new one every two weeks or even a month? Does not sound good.

Plus, you can not be sure of their quality and if they really do have a filter in the lenses.

Can you break Iris? No, you certainly can not.



Protect your Eyes. Be Healthy. Achieve more



And you certainly should not worry that you will sit on top of it, drop it or your kids will run over it.

It is always safe on your computer.



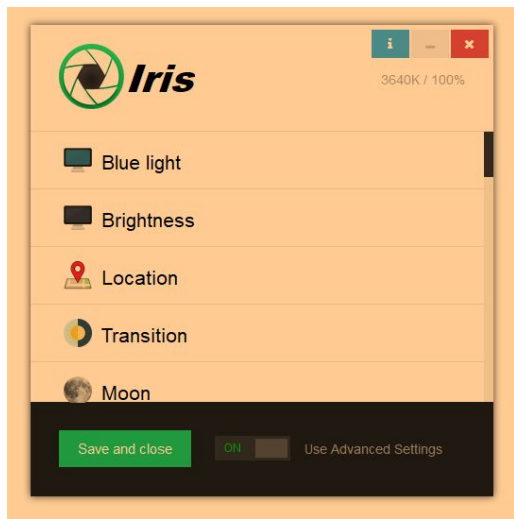
What is more, imagine the following: you are in a hurry and the morning.

If you do not go out in a minute, you are going to be super late for work.

You put the most important things in your bag - your phone, your wallet and your keys.

You remember that you forgot your blue light blocking glasses when you are already in front of the computer. What do you do then?

In contrary, you can never forget Iris. Simply because it is on your computer and you can turn it on whenever you want!



Conclusion

Based on the whole article and especially the previous comparison, we can conclude that Iris is definitely a better option than a pair of blue light blocking glasses.

Having the chance of being broken or forgotten, blue light blocking glasses are fragile and unproven to really fulfil people's expectations.

If you think you feel an effect from them, it could be just placebo.



As opposed to the “special” glasses, Iris has a proven quality and ability to reduce the amount of blue light emitted from your screen.

Therefore we highly recommend downloading it and seeing actual improvements in your virtual experience any time of the day!



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Sources:

[Do blue light blocking glasses actually work?](#)

[Do Blue Light Blocking Glasses Work?](#)

[Research Says It Could Be a Fad](#)

[What Are Blue-Light Blocking](#)

[Glasses—And Do They Even Work?](#)

Images:

Google.com

Read more:

[Why should I use blue light blocking software?](#)

[How To Choose The Best Glasses For You?](#)

[Blue Light Filters](#)