BLUE LIGHT AND OUR EYES

An eye-opening book

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Introduction

Have you thought about the effect of [Blue light](#) on our Eyes?
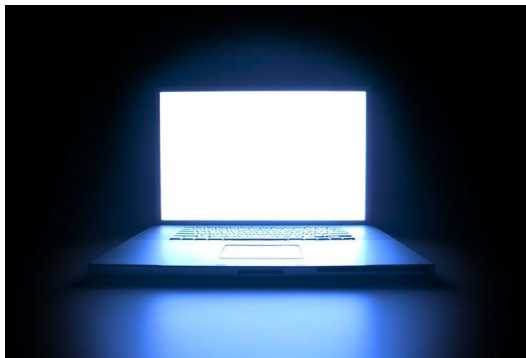
Did you know that the average person spends more than 6 hours per day in front of a computer?

Actually most people spend the majority of their time staring at a digital screen.

Smartphones, tablets, laptops and all kinds of digital devices emit significant amounts of [blue light](.).

That is why it is important to educate yourself about the dangers of [blue light](.) exposure.

What is Blue Light?

[Blue light](#) refers to a color from the visible light spectrum which means it can be seen by the human eye.

Visible Spectrum

Red   Orange   Yellow   Green   Blue   Indigo   Violet
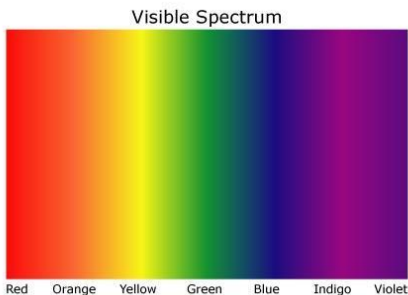
In fact, it is the highest frequency of the visible light. In addition, it has the shortest wavelength so it produces the highest amount of energy.

Most of the [blue light](#) is emitted by the sun.

However, there are many other man-made sources such as fluorescent lights, LED lights, computer monitors and various displays.

Although [blue light](#) exposure we receive from these sources is little compared to the amount we get from sunlight, ophthalmologists express their concerns over the long-term effects of screen exposure.

How Does Blue Light Damage Your Eyes?

Studies show that the time we spend looking at screens results in eye discomfort and can lead to lifelong health complications.


Here are 5 harmful effects for your eyes caused by the artificial blue light.
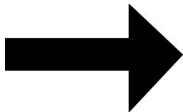
Cataract

The cataract is a medical condition in which the lens of the eye becomes progressively opaque, resulting in blurred vision.

In other words, it can be explained as the cloudiness that appears in the eye lens which is often caused by prolonged proneness to [blue light](#) emitting monitors.
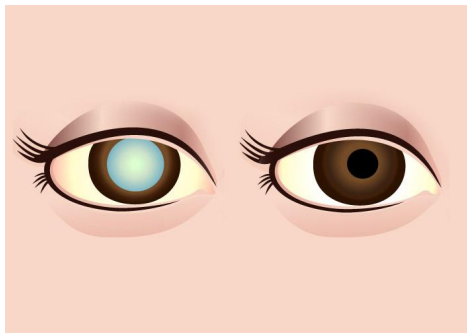
Digital Eye Strain

Also known as Computer Vision Syndrome(CVS), digital eye strain is a term used to describe the vision discomfort which is a product of the extended use of computers and other digital devices.

|		
Eye Fatigue	Itchy Eyes	Dryness
Blurred Vision	Double Vision	Headaches

Macular Degeneration

This condition is named after the mall area in the back of your eye that's responsible for central vision called macula. Imagine watching a movie but not being able to see what's actually going on in the middle.

Having a macular degeneration damages the center of the vision making it wavy and blurry as well as inflicting blind spots and trouble seeing in low light. Natural blue light from the sun and artificial LED lights are only part of the many risk factors that contribute to this disease.

Myopia

If it is hard for you to see distant objects and read road signs clearly but you can go through a magazine or book just fine, chances are you are nearsighted, also known as myopic.


Normal vision
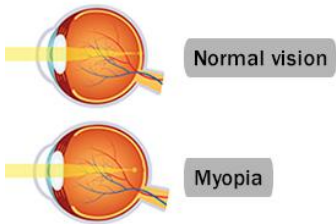
Myopia

Symptoms may vary but the most common are headaches, eye fatigue and eye strain. Myopia is usually developed by spending great amounts of time staring at close-up objects. Nowadays almost all of these objects have digital screens and displays.

Photophobia

Literally photophobia means "fear of light" but it actually refers to light sensitivity or light intolerance.

The most common cause of light sensitivity are migraines which means that bright sunlight and indoor fluorescent lights can be harmful for a photophobic person.
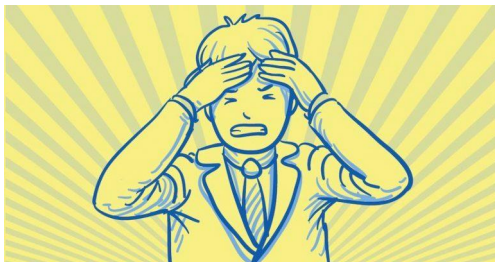
How to Protect Your Eyes from the Blue Light?

Assuming you are one of the many suffering from constant exposure to blue light, here are a few tips on how to keep your eyes protected.

First of all, let's talk about your screen time.

If it is hard for you to decrease the amount of time spent in front of your computer, at least take frequent breaks to give your eyes a rest.

And remember to blink once in a while.

Control the brightness of your monitor. The best case is to turn it down in a way to be similar as the light around you.

This will limit your vulnerability to excessive blue light.

You can also buy a pair of computer glasses.

Either with yellow-tinned or anti-reflective lenses they block the blue light and ease digital eye strain.

Nevertheless, glasses are definitely not the most effective prevention as they can often be uncomfortable and sometimes give you massive headaches.

Implement a blue light filter.

They are available for smartphones, tablets and all kinds of computer screens.

These filters decrease the amount of [blue light] given off from screens that could reach the retina in our eyes. In addition, they can reduce significantly the digital eye strain.
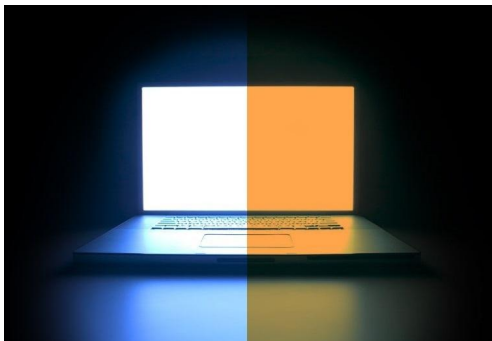
What Is the Best Solution?

The best thing you can do is use eye protection software. Suchlike software is **IRIS**.

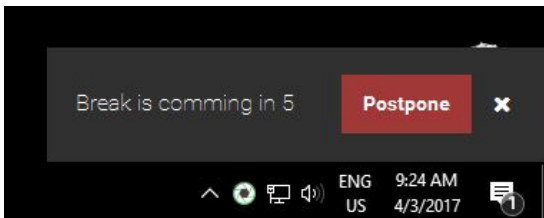If you simply can't remember to take breaks from your screen time [IRIS](#) has a timer that you can set to remind you.


Along with that it helps you control the brightness by optimizing the screen pulsations of your monitor.

Iris also has a great customizable blue light filter which gradually regulates the harmful [blue light](#) as the day progresses.

Not only it prevents CVS and reduces eye pain, but it also improves your sleep cycle, helping your body produce more melatonin at night making you fall asleep faster and deeper.

We cannot completely avoid exposing our eyes to natural or artificial [blue light](#), but we can effectively protect them from the damage it causes.
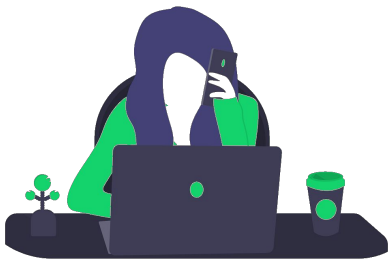
So the next time you binge-watch your favorite TV show make sure your monitor has the right adjustments.