

Stop feeling blue



Iris Technologies

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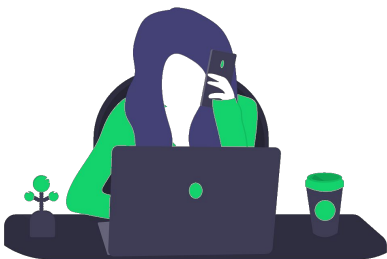
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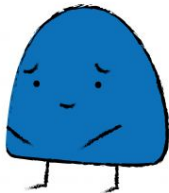
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Introduction

We are all aware of what the phrase “feeling blue” means and feels like.

A blue feeling is a sensation you experience when someone lets you down, there is a significant negative change in your life, or it could be an especially bad day you have.



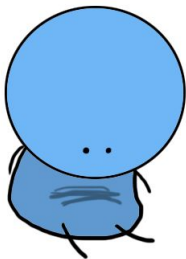
It is like a fog that blurs the dopamine levels and your sadness is overwhelming.

Been there, done that.

Now, you are probably wondering what is the connection between technology for eye protection and the low mood you occasionally face.

The current state of your organism is deeply dependent on the surrounding environments.

This means that the internal processes of the nervous system as neurotransmission (dopamine and serotonin release) might be affected by external influences like day-to-day activities.



There is present research about whether sensory stimuli alter behaviorally relevant transmitter expression in the mature human brain.

However, if you often complain of depressive-like feelings and fatigue, some of their causes may surprise you.



What is the connection between blue light and your low mood?

Blue light can be harmful to your eyes in terms of long-term health issues.

Most of us know that blue light is everywhere and it is distinguished as having wavelengths with very high-energy levels.

Constant nighttime blue light exposure can be the reason for the poor quality of sleep, which, on the other hand, is the reason why you are singing the blues.



Sleep supports many of the cognitive processes: learning, attention, creativity, memory retrieval, etc. Some of the sleep disturbances are associated with memory consolidation impairments.

As a potent suppressor of melatonin (the hormone that helps you fall asleep), [blue light](#) can often be the reason you are feeling mentally ill.



Our bodies and the environment we put them in are defining the physical and emotional wellbeing of the whole organism.

For instance, if your stress levels are high due to family or work issues, but you also sleep a little, this may result in increasing the risk of diabetes or heart issues.

Maybe the [blue light](#) only is not so deadly for you, but in combination with other factors (and there is always more than one of them), you can harm yourself inadvertently.



What can you do about it?

The first decision that you must make is an obvious one: reduce your time in front of the screen at night hours.

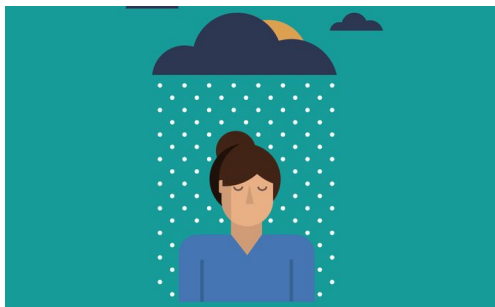


Try to rest more and to acquire better working habits.


But here is the hard truth: sometimes we just do not have enough time to do all the things we are up to.

And this might be applied to all of us: students, workers, bosses.

So inevitably, we find ourselves working late, sleeping less or not at all, and feeling blue out of nowhere.



Here it comes, [Iris](#)

 **Iris**

i

—

×

2665K / 100%

57 min 34 sec until rest

Mode

Automatic

▼

Type

Custom

▼

Location

🌐 Sofia, Bulgaria

Timer

Normal

▼

Save and close

OFF

Use Advanced Settings

You cannot escape from the reality, but you can at least make it better, healthier and more pleasant for your being.

Iris will block the blue light that your screens emit.

No blue light means no blue feeling.



What are you waiting for?

As humans, we can intuitively feel the holistic nature of the things that are within and around us. Feeling cheerful, having a good sleep, being productive, looking charming – they are all connected.

Iris has the power to make this connection happier.



- ✓ Protect Your Eyes
- ✓ Sleep Better
- ✓ Achieve More



[TRY IRIS](#)

References:

- <https://www.health.harvard.edu/u/>
- www.sleepfoundation.org
- Bedrosian, T. A., & Nelson, R. J. (2013). Influence of the modern light environment on mood. *Molecular psychiatry*, 18(7), 751
- Plitnick, B., Figueiro, M. G., Wood, B., & Rea, M. S. (2010). The effects of red and blue light on alertness and mood at night. *Lighting Research & Technology*, 42(4), 449-458

Read More:

- [Blue Light effects](#)
- [EMF Exposure: Is it what you think it is?](#)
- [Blue light - learn the fact and fiction behind this modern threat](#)

