

Comparison and Evaluation of Popular Syntax Highlighting Themes in Terms of Color Correlated Temperature Values

Nurettin Şenyer, Recai Oktaş, Mehmet Serhat Odabas

January 2022

Abstract

Digital screens containing artificial light sources emit intensely blue light, which is known to be hazardous to human eye health. Software developers are among the people who are most affected by this blue light. Color themes are used to color code in software development processes. The developers chose the color theme based on their personal tastes or the popularity of the theme, Without being aware of the danger of blue light. In this study, Color Correlated Temperature (CCT) was utilized to calculate the quantity of blue light contained in popular color themes chosen by developers. It was observed that the average CCT values of both the dark and light versions of the examined themes were above the D65 threshold and contained intense blue light. Theme developers should consider the risks that blue light poses to human eye health while creating their themes.

Keywords Blue light hazard, CCT, Code highlighting, Eye health

1 Introduction

Software developers spend long hours in front of the screen while reading, writing, or debugging code [1]. The complexity of the source code that composes the software requires high concentration and effort in terms of coding the algorithm or understanding the algorithm of the coded one. The fact that code readability is of great importance in this whole process has been well expressed by Abelson *et. al.* (1996) in their seminal book *Structure and Interpretation of Computer Programs*, 'Programs must be written for people to read, and only incidentally for machines to execute.'[2].

Syntax highlighting (SH), based on the different coloring of code elements, is an important tool to visually improve the readability of source code and the context of the text. Modern IDEs offer built-in and installable color themes. Users tend to go with the default theme. They choose the theme according to their popularity and personal taste when they want to change.

Coloring plays an important role in syntax highlighting. Coloring allows perceptual segregation of code [3]. Thus, colors provide a clear model of the perceived concept. Colors clearly indicate the differences between various programming language elements and provide clues to the programmer.

The artificial light produced by digital screens, a critical component of software development, contains blue light hazard (BLH). Artificial light sources are best described by light spectrum (SPD); however, this is generally a complicated task [4]. Therefore, it is sufficient to use CCT to assess the amount of blue light in SPD. While it is not possible to measure SPD, predicting CCT value of the light source requires solving a non-linear optimization problem [5]. For this reason, it is not possible to calculate CCT analytically and for quite a long time scientists and engineers have been in the search for practical and simple methods for measuring CCT in industrial applications. In all methods available for the calculation of CCT, the objective function was barely estimated approximately and estimations achieved a limited accuracy. The basis of the method proposed by Qui in 1987 is based on the established functional relationships between CCT and the x, y or u, v chromaticity coordinates of the light source [6]. Qiu's method is valid for CCTs between 2.500K and 10.000K [5]. Following this method, in 1992, McCamy [7, 8] suggested a more simple formula to estimate temperature from x,y chromaticity coordinates for CCTs ranging from 2.000K to 12.500K. McCamy isotherms are high compatible around 6.000K [9]. In 1999, Hernández-Andrés et al.[10] produced a different open open formula valid for calculating a wider range of CCT up to $10^6 K$ [5]. Li et al. proposed calculating CCT by using Newton method in which the objective function's first and second derivatives are required. When the proposed method was initialized with Robertson's method [11], it generated fairly accurate estimates of less than 0,0012K for light sources with CCT varying between 500K and $10^6 K$ [5]. **TODO: McCammy i kullanmadık!** In this study, McCamy's CCT formula was used since it is commonly found in a large number of studies and due to its simplicity of calculation.

Blue light, which is known with its phototoxic [12] / photochemical [13, 14] adverse effect shows its effects on individuals depending on various parameters such as the time exposed to artificial light producing device (at night, while going to bed, etc.) [15, 16, 17, 18, 19, 20, 21, 22, 23] and frequency [24], dose/intensity [13, 25, 23, 26], distance [27, 28, 17], time/past [27, 15, 23, 29, 30, 31, 26], age [32, 33]. These effects may cause harm with serious side effects on health such as cancer (breast [34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44], prostate and colorectal [45, 46, 41, 42, 43, 44]), psychological (depression [47, 48, 49], anxiety/severity [48] problems, mental health [50], mood disorder [51], more frequent engagement on quiet and mobile devices [52], behavioral problems [53]), body function disorders (increase in temperature and heart rate [54], obesity [55, 56, 57, 16, 50], diabetes [58, 40], cardiovascular disease [50], hormone balance disorder [59], systemic disorder [49], balance disorder, headache [60], long term cumulative effect [61]). It has been reported that blue light increased melatonin suppression [62], leading to a deterioration in the circadian rhythm, which is seen as biological clock [63], caused a delay in phase [64, 65, 53, 66, 67], and had adverse effects such as reproduction/early adolescence [40]. The negative effect on circadian rhythm causes accumulated sleep loss [68, 49], decreases quality of sleep such as sleep interruption/inefficiency [69, 70, 71, 59], sleep difficulty/delay [60] and daytime sleepiness [68, 53]. It has been shown that smart phone use especially without room light affects sleep disorder [72]. As a result of all these, neurocognitive function losses have been reported [50] such as phase shifts in circadian rhythms [66], loss of academic performance [73, 53], cognitive daytime dysfunction [68, 74], decrease in the ability to learn [16], decrease in the ability to concentrate and remember [75], and decrease in comfort and work productivity [76, 77, 78, 79].

It can be expected that adverse effects will be reduced if screen producers use model estimations to adjust the spectral power of self-illuminated devices by finding out how the products they make will influence melatonin levels and adjusting them to the circadian rhythm [80]. However, this is very difficult to achieve due to concerns such as the perception of image quality. Therefore, we as individuals will have to resort to different methods to minimize the harmful effects of devices while using them. These are filter use [81, 82], special lens use [83], special glass use [82, 84], screen specific night/reading mode [85, 86] and software adjusting color temperature [85].

Setting the CCT regardless of context is a disadvantage. **TODO** bağlama cümlesi gerekli. The dark theme trend in syntax highlighting themes shows an organic movement in theme selection in the context of eye health [87, 88]. Popular themes make subjective evaluations stating that they are better for eye health []. An objective evaluation cannot be made in the context of eye health for syntax highlighting themes, which are chosen based on popularity and personal tastes. CCT can be used to express the amount of blue light a Syntax highlighting theme contains. The higher the average CCT produced by the Syntax highlighting theme in the coloring of the selected code, the more blue light it has.

In this study, we aim to the theme for syntax highlighting selection based on Color Correlated Temperature in terms of blue light hazard.

2 Material and Methods

In this study, the CCT was utilized to calculate the quantity of blue light contained in popular color themes chosen by developers. It was observed that the average CCT values of both the dark and light versions of the examined themes were above the D65 threshold and contained intense blue light. Theme developers should consider the risks that blue light poses to human eye health while creating their themes.

The amount of blue light in the color theme was determined using the workflow shown in Figure 1. Primarily, the themes to be used in the study were selected.

The first step was to choose a theme. Themes are generally classified into two theme groups according to the use of dark/light background colors in the user interface: dark/light themes. Theme selection is dependent on editor selection. The VS Code programming editor was chosen for our research¹. Developers use a variety of programming languages to create the code for their projects. Because analyzing the influence of the chosen theme on all codes would be impractical, operations were conducted out on a sample source code. For this purpose, a C programming language source code taken from the Git source code, which is a fairly modern code base, was chosen. The HTML output for the colorized version of the code with the chosen theme, as well as a code representation based on it, was created. Different fonts are preferred by developers. The influence of different fonts on the calculation was not investigated in this study. The BDF transformation and subsequently the font representation have been created for the selected font. The McCammy equation has been used to determine the CCT using code and font representation.

¹Rationales behind all these selections were explained in further sections.

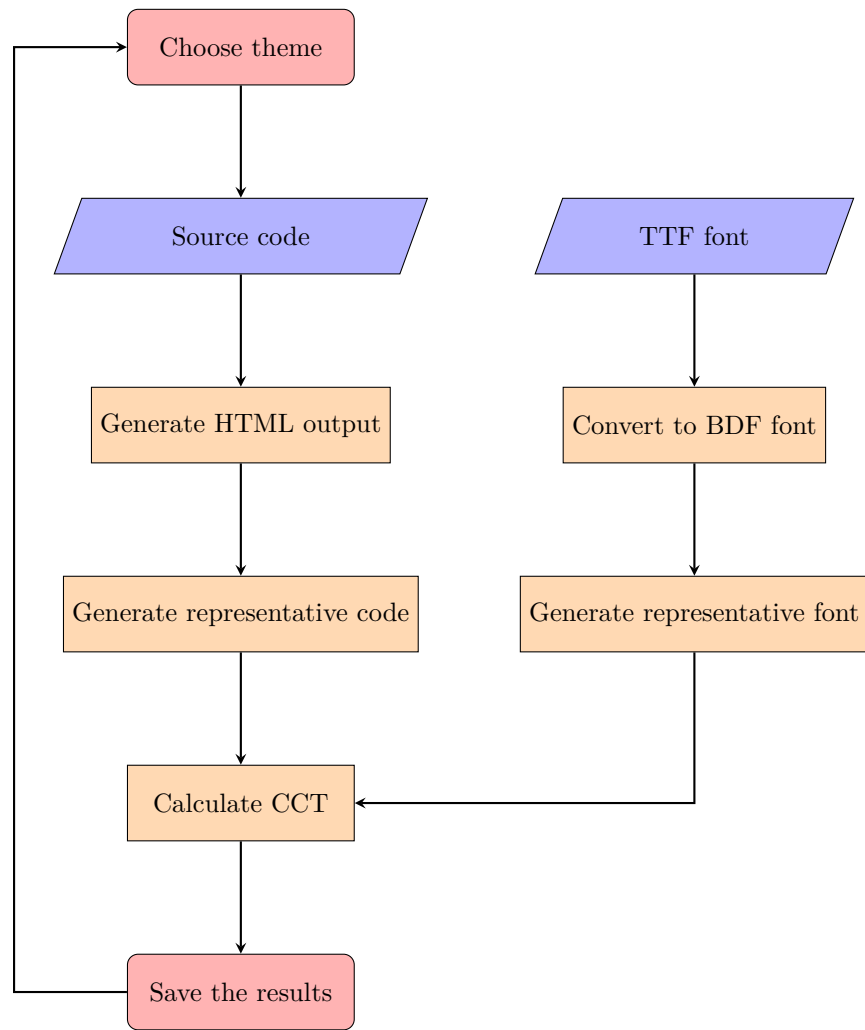


Figure 1: Flow chart

```

#include "cache.h"
#include "config.h"
...
static void std_output(struct grep_opt *opt, const void *buf, size_t size)
{
    fwrite(buf, size, 1, stdout);
}

```

Figure 2: Sample code

```

#include "cache.h"
#include "config.h"
...
static void std_output(struct grep_opt *opt, const void *buf, size_t size)
{
    fwrite(buf, size, 1, stdout);
}

```

Figure 3: Code string

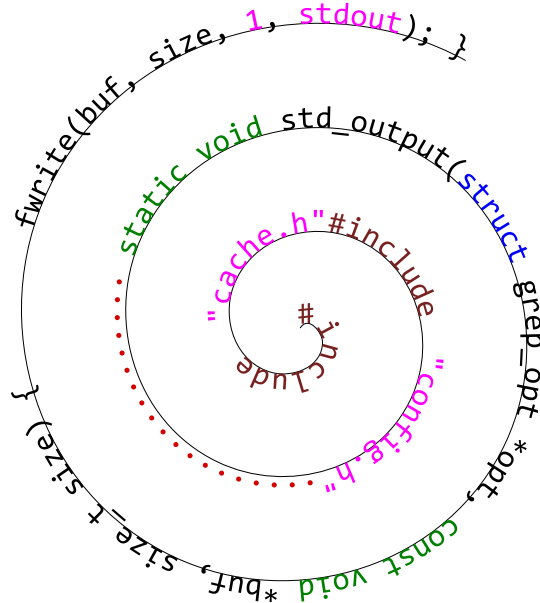


Figure 4: Code string

The analyzes were performed in a mixed environment with components written in different programming languages and running on Windows and Linux. In this context:

- PowerShell has been used to convert the colored codes to HTML format.
- The Ruby programming language has been used to parse the HTML format and obtain the bitmap for the font.
- CCT calculation has been done with the Python programming language.
- The entire process has been made up of subscripts implemented with the Bash shell programming language.

2.1 Selection of analysis inputs

The following choices have been made in order to carry out the targeted analyses of the research.

- Editor choice: Programming editor where development was made.
- Theme selection: The color theme set in the programming editor for coloring.
- Sample source code selection: It is the source code file that is the subject of syntax coloring.
- Font selection: Fixed-width font set in the programming editor for displaying the source code.

2.1.1 Editor Selection

In order to determine the coloring themes, which are the subject of this research, and to obtain the codes colored with these themes, a suitable programming editor should be determined, which will enable concrete and comparative analysis. The following criteria were taken into account in the selection of the programming editor:

- To be public.
- Multi-platform (e.g. Windows, OS X, Linux) support.
- To provide data on the popularity of themes installed as plugins.
- It offers possibilities for obtaining coloring information.

Considering these criteria, the Visual Studio Code (VS Code) editor developed by Microsoft and offered as open-source on the Github platform has come to the fore as the most suitable option among alternatives.

- According to Stack Overflow’s 2021 developer survey[89], he is the first on the list of preferred editors by a very serious margin; Visual Studio IDE, which uses a similar infrastructure to VS Code, is in second place in the same survey.
- It works on Windows, OS X, and Linux.
- It offers theme statistics[90] through the VS Code market.
- It has the ability to analyze colors.

2.1.2 Theme Selection

Based on VS Code theme statistics[90], the most popular 17 themes have been chosen. Some of these themes have dark and light versions. Since the dark theme is mostly used[91], the number of examples of this theme was chosen more than the light theme. Since there is no API to retrieve VS code Market information programmatically, theme information was obtained for each theme by web scraping. Information on themes selected within the scope of the study are shown in Table 1.

2.1.3 Programming language and source code selection

Since it will not be possible to work with all common programming languages for analysis, the C language was preferred as an example language. The main reason for this preference is that, according to the TIOBE index, which tracks programming language usage rates, six of the top ten programming languages (C, Java, C++, C#, Javascript, PHP) are in the "C programming language family" in terms of syntax as of the date of this study[92], and in this regard, the code coloring of the C programming language represents the general situation with a sufficient approximation. The following criteria have been used to pick sample source code produced in the C programming language.

- Should be a fairly modern and professional code base that reflects current practices.
- Should contain most syntax elements of the C programming language.
- The number of lines of code (LOC) must be large enough (e.g. a few thousand rows) for the sample to be large.

In the light of these criteria, the source code[93] of the `grep` subcommand[94] was chosen as an example in the source code repository[95] of the Git[96] version tracking system. This sample code, which has a total of 2025 lines, can be accessed in the Git repository with the command below.

```
git show 0a6adc26e2efd2dcfb3e65407623287e08989a63:grep.c
```


2.1.4 Font Selection

Among the many monospace fonts, the study was carried out only with a font installed on the system and available as a default. As explained in the 2.1.1 section, colored codes are obtained with the VS Code programming editor on the Windows 10 operating system. During the research, the Consolas[97] fixed-width TrueType font, displayed in Figure 5 by default in this environment, is also used as a default 14-point size. Since it is predefined, this font selection is considered to reflect the common situation experienced by developers.

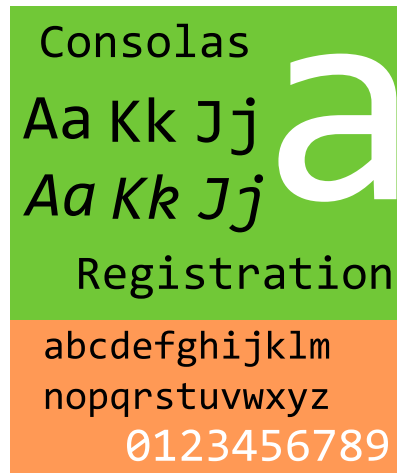


Figure 5: Consolas font

2.2 Syntax colored code representation

2.2.1 Converting colored codes to HTML format

To produce colored code in HTML format, the "Copy With Highlight" command that has been added to VS Code at version 1.10 was used. Accessible from the editor's command palette, this command copies the selected source code content to the clipboard in a colored format. Since the editor has no feature to save the colored source code to a file in HTML format, the copied content in the clipboard must be saved to a file manually. For this purpose, the below procedure has been performed by using the PowerShell terminal on the Windows platform where the study was carried out.

- Copy colored code to clipboard in VS Code editor.
 - Open the file and select all source code.
 - Run the "Copy With Highlight" command from the command palette.

- Save clipboard contents to file in HTML format with commands run in PowerShell terminal.

- Set the format of the clipboard content to HTML.

```
Get-Clipboard -TextFormatType Html | Set-Clipboard
```

- Save clipboard contents to file.

```
Get-Clipboard >source.html
```

For example, if we consider a C source code in the following content:

```
#include "cache.h"
...
```

Here is a simplified view of the "raw" file produced for such a code:

```
Version:0.9
StartHTML:0000000105
EndHTML:0000186320
StartFragment:0000000141
EndFragment:0000186284
<html>
<body>
  <!--StartFragment-->
  <div style="color: #d4d4d4;background-color: #1e1e1e;
font-family: Consolas, 'Courier New', monospace;font-weight: normal;
font-size: 14px;line-height: 19px;white-space: pre;">
  <div><span style="color: #c586c0;">#include</span>
  <span style="color: #569cd6;"> </span>
  <span style="color: #ce9178;">"cache.h"</span></div>
  ...
</body>
</html>
```

Figure 6: The raw HTML output of colored sample code

The following observations can be made to these examples:

- There is some meta-information at the beginning of the file. These lines must be removed for the content to be a valid HTML file.
- Each line has been converted into a `div` blockquote in HTML.
- Colorings are transformed into color-coded `span` parts.

- Font family ('Consolas') and size ('14px') are defined at the beginning.
- Line height ('19px'), which will be used to compute a full height character box, is defined.
- Background color, which will be used for space characters, is defined.

2.2.2 Parsing the HTML format

After the colored code was obtained in HTML format, the raw file was converted to a valid XML file and parsed with a script written in the Ruby programming language. At this stage, which is carried out with the Nokogiri library[98], which is widely used in the Ruby programming language, it is parsed into an inter representation file in JSON format.

Color information has been produced from CSS declarations given inline in the HTML output. In the parsing of CSS declarations, it has been preferred to parse with regular expressions without using a particular library, taking into account the monotony of the declaration. At the end of this stage, an inter representation output in JSON format containing the following information has been produced.

- Fixed-width font information used in code: A dictionary of font family and font size
- Colorized content groups: An array of color and content string groups

2.3 Generating the Font Representation

The most common font technology used in computer applications today is TrueType[99]. Developed by Apple in the late 1980s, this technology enables vector-based scalable font families that allow a character to be displayed on the screen in a wide variety of sizes with high precision. Fixed-width TrueType fonts (TTF) are widely used in programming editors and regular applications. The fixed-width font is a user preference among programmers as crucial as choosing a color theme. "Monaco", "SF Mono", "Cascadia Code", "Consolas", "Fira Mono". Considering the existence of a large number of[100] fixed-width fonts, with examples like "Menlo," it should say that font preference is as important as color theme, especially in the aesthetic perceptions of a user looking at a colored source code[101, 102].

In this research, it is necessary to determine the pixel density of a particular character in the selected font to calculate CCT values. For this purpose, the TTF font chosen must be converted to bitmap format in a suitable size. "Glyph Bitmap Distribution Format (BDF), a widely used format in its field, was chosen as the bitmap format. The main reasons for selecting the BDF format are:

- Standard: Although bitmap fonts are not used as much as TTF today, BDF (with PCF alternative) is a common standard used when needed.

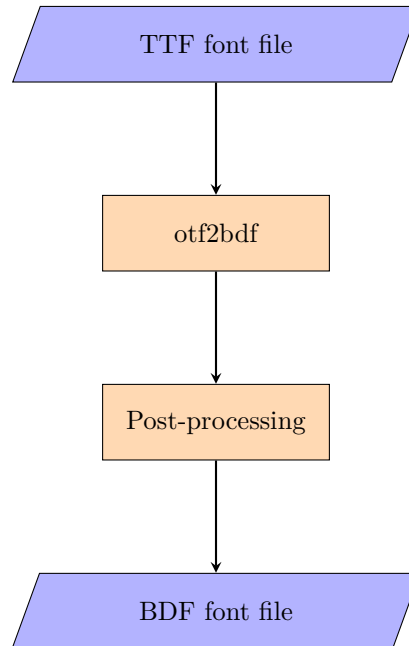
- Simplicity: BDF is a simple text-based format that it can quickly parse.
- Tooling: Necessary tools are available to handle BDF fonts.

Before the theme analysis, a "Font representation" was generated in the later stages of the study based on the technologies described above for the selected font in the programming editor. A "font representation" is a file in JSON format that contains all the font data that it will need to analyze that font. While some of this data is transferred from the BDF font definition, some consist of data calculated by the methods described in the following sections, such as "Character bit density."

2.3.1 Conversion to BDF font

The developers used the `otf2bdf` tool[103] developed as part of the FreeType project[104] to convert the TTF font to BDF format, as shown in the flow diagram (Figure 7). In the generated BDF file, simple post-processing has been made to remove some fields in the BDF format to ensure compatibility with the next parsing steps.

Figure 7: TTF to BDF conversion



2.3.2 Calculation of font character fill rate

In syntax coloring, each syntax group (e.g., an identifier, a keyword) in the source code is displayed with the font selected in color set in the theme. To calculate the contribution of a character in the group to the color temperature, it is necessary to calculate the character bit density from the bitmap of the character in the selected font. To explain the method followed in making this calculation, for example, the definition of BDF given in Figure 9 with the Consolas font of the character A is discussed.

In this definition, each line starting with `BITMAP` corresponds to a line in the bit matrix of the corresponding character. A bitmap is obtained when bit patterns reported in hexadecimal are converted to binary (Figure 10). Based on this bitmap, the appearance of character A is shown in Figure ??.

Figure 8: Selected fields from BDF font properties section of the Consolas font

```
SIZE 14 100 100
FONTBOUNDINGBOX 19 27 -6 -6
FAMILY_NAME "Consolas"
WEIGHT_NAME "Medium"
SLANT "R"
```

Figure 9: BDF definition of the Consolas font for the character 'a'

```
STARTCHAR 0061
ENCODING 97
SWIDTH 514 0
DWIDTH 10 0
BBX 8 9 1 0
BITMAP
3E
43
03
03
3F
43
C3
C7
7B
ENDCHAR
```

Figure 10: Bit pattern in Consolas font of character 'a'

```
0 0 1 1 1 1 1 0
0 1 0 0 0 0 1 1
0 0 0 0 0 0 1 1
0 0 0 0 0 0 1 1
0 0 1 1 1 1 1 1
0 1 0 0 0 0 1 1
1 1 0 0 0 0 1 1
1 1 0 0 0 1 1 1
0 1 1 1 1 0 1 1
```

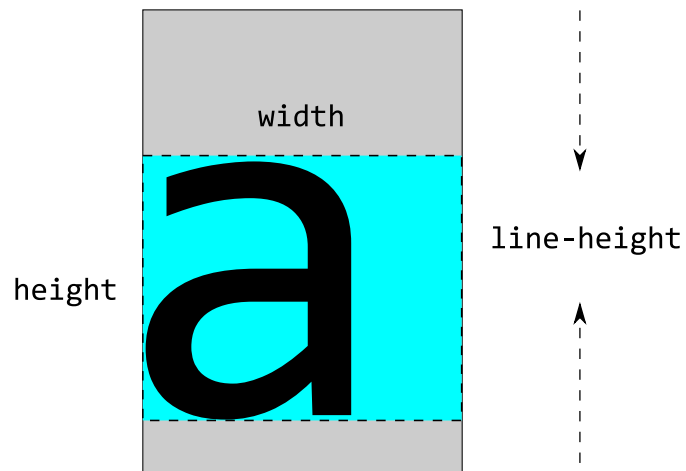
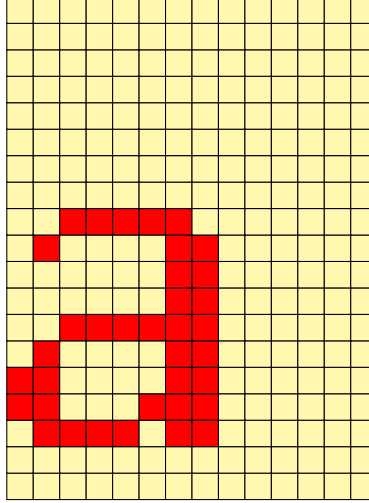


Figure 11: Consolas TTF of 'a' character with line height

Figure 12: Consolas BDF of 'a' character with line height



2.4 CCT Calculation

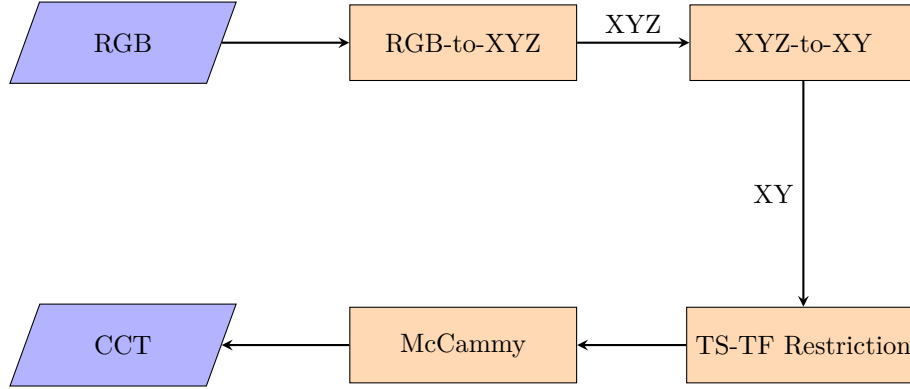
TODO D65 nedir?

In CCT calculations, as seen in the flow diagram shown in Figure 1, the production process is taken as inputs for colored code representation and font representation, which is explained in the previous sections. Within the scope of this study, the Color library [105] written in Python was used in most of the color-related analysis, especially the CCT calculation.

Colour is an open-source Python package providing a comprehensive number of algorithms and datasets for colour science.

To estimate the Correlated Color Temperature (CCT) value, a nonlinear optimization problem needs to be solved. Therefore, there is no analytical expression for calculating CCT, and scientists have long sought simple and practical methods to calculate CCT in industrial applications. In all previous methods available for calculating CCT, the aim is to only approximate the function and keep the estimates with limited accuracy. Researchers have proposed to calculate CCT using Newton's method, which requires first and second derivatives of the objective function [106]. The proposed method, when initialized with Robertson's method, produced fairly accurate estimates of less than 0.0012 K for light sources with CCTs ranging from 500 K to 106 K [11]. The method proposed by Qiu (1987) is based on established functional relationships between the CCT and the x, y, or u, v chromaticity coordinates of the light source. Qiu's method is applicable for CCTs ranging from 2500 K to 10,000 K. [7] found a simpler formula for estimating the temperature from the x, y chromaticity coordinates for CCTs ranging from 2000 K to 12500 K. Hernández-Andrés et al. (1999) [10] developed another explicit formula that is valid for estimating a wider range of CCTs up to 106 K. The CCT value is accepted as the temperature of the black body radiation that gives the closest color to it under the same brightness and observation conditions. A low CCT (2,500 K) is called a warm color and a high CCT (6,500 K) is a cool color. The general structure of calculating the CCT from the digital image is shown in Figure 2.

Figure 13: CCT computational flowchart



$$\begin{bmatrix} X \\ Y \\ Z \end{bmatrix} = \begin{bmatrix} 0.4124 & 0.3576 & 0.1805 \\ 0.2126 & 0.7152 & 0.0722 \\ 0.0193 & 0.1192 & 0.9505 \end{bmatrix} \begin{bmatrix} sR \\ sG \\ sB \end{bmatrix} \quad (1)$$

The following equation was used to compute CIE xy chromaticity coordinates from CIE XYZ tristimulus values [107],

$$\begin{aligned} x &= \frac{X}{X+Y+Z} \\ y &= \frac{Y}{X+Y+Z} \end{aligned} \quad (2)$$

McCamy function [9] was used to calculate CCT with CIE xy chromaticity coordinates,

$$T_M = CCT(x, y) := p \left(\frac{x-0.3320}{y-0.1858} \right) \quad (3)$$

$$p(t) := -449 \times t^3 + 3525 \times t^2 - 6823.3 \times t + 5520.33$$

McCamy equation has $O(N^3)$ complexity and it is valid for CCT values between the ranges of 2.000 K to 12.500 K [7, 8]. The intermediate region indicated by isothermperature line of $T_S = 2.000K$ and $T_F = 12.5000K$ was chosen as a safe region for computing CCT in the Planckian Locus. It was checked whether the xy chromaticity coordinates computed from the pixels in the image were within this region. The number of pixels outside this region were called as p_e , while the number of pixels inside this region were called as p_i . The rate of pixels being included in the computation is calculated in p_r percentage as follows,

$$p_r = \frac{p_i}{p_e + p_i} \times 100 \quad (4)$$

If the CCT value (T_M) computed with McCamy was outside the computation region, it was limited to the limit value,

$$T = \begin{cases} T_M < T_S & T_S \\ T_M > T_F & T_F \\ T_M & other \end{cases} \quad (5)$$

TODO Ortalama CCT hesabı nasıl yapılıyor? - Karakter bit yoğunluğunu da dikkate alarak eşitlik formunda yaz. - Belki bir flowchart da sunmak gerek

3 Results and Discussion

Bu çalışmada programlama editörü olarak seçilen VS Code ile uyumlu SH temalardan en popüler olanları üzerinde çalışılmıştır. Seçilen tüm temalar Tablo 1’de indirme sayıları, beğeni skorları ve yorum sayıları ile birlikte verilmiştir. Bazı temaların (ör. Visual Studio C/C++) hem dark hem de light versiyonları aynı paket içinde bulunduğundan bu tür temaların grupları tabloda ”dual” olarak belirtilmiş; salt dark veya light nitelikte olan temaların grupları ise sırasıyla dark ve light olarak belirtilmiştir.

Theme	Group	Installed	Like	Comment
One Dark Pro	dark	5051456	4.6	168
Visual Studio C/C++	dual	4695332	3.7	3
Github	dual	3504664	4.5	116
Dracula Official	dark	3364922	4.9	103
Atom One Dark	dark	2951962	4.8	98
Winter is Coming	dual	1558028	4.7	35
Monokai Pro	dual	1318719	3.7	188
Night Owl	dual	1298793	4.8	114
One Monokai	dark	1205736	4.9	81
Ayu	light	1127068	4.7	92
Shades of Purple	dark	1122570	4.9	144
Community Material	light	989598	4.7	6
Palenight	dark	832384	4.9	56
Atom One Light	light	639943	4.9	32
Nord	dual	541929	4.8	65
Andromeda	dark	387086	5	43
Tokyo Night	dual	375090	5	38
Gruvbox	dual	215607	5	30
Netbeans Light	light	87696	4.6	8
Plastic	dark	84556	5	34
Hop Light	light	76483	5	6
Snazzy Light	light	60368	5	4
Tiny Light	light	50676	4.8	6
Learn with Sumit	dual	26166	5	427

Table 1: Themes

Tablolar indirme sayılarına göre sıralı olarak sunulmuştur. Dark ve light temaların popülerlik karşılaştırılması yapılırken dual nitelikteki temalara ilişkin indirme sayılarının nihai durumda kullanılan tema grubunun kesin şekilde belirlenmesini olanaksızlaştırdığı dikkate alınmalıdır. Buna göre Tablo 1’de dual temalar göz ardı edilerek sadece tema grubunun kesin olarak bilindiği temalar dikkate alındığında salt dark temalar arasında en fazla indirme sayısına sahip olan temanın "One Dark Pro", salt Light temalarda ise "Ayu" olduğu görülmektedir. En fazla indirme sayısı bu çalışmanın yapıldığı tarih itibarıyla dark temalar için "One Dark Pro" ile 5 milyon civarı iken light temalar için "Ayu" ile 1 milyon civarıdır. Salt dark ve light temaların toplam indirme sayılarına bakıldığında bu sayı dark için 15 milyon civarı iken, light için 3 milyon civarıdır.

Dark temaların oldukça yüksek bir indirme oranına sahip olduğu görülmektedir. Bu sonuçlar Sarath’ın yaptığı anket çalışması [91] ve Coyier’in CSS özelinde renk tema tercih anketi [88] başta olmak üzere farklı çalışmalarda geliştiricilerin dark tema kullanma eğilimiyle oldukça uyumlu bir sonuçtur. Gerek VS Code’un gerekse de Visual Studio’nun ilk kurulumda öntanımlı olarak yerleşik bir dark temayla kurulu gelmesi de dark temaların geliştiriciler arasında daha popüler olduğu gözlemine uygun bir tercih olarak yorumlanmalıdır.

Temaların indirme sayıları ile beğeni skorları ve yorum sayıları arasında anlamlı bir korelasyona rastlanmamıştır. İndirme sayısı yüksek olduğu halde beğeni skoru o derece yüksek değildir ve uyumlu olarak yüksek miktarda yorum da eklenmemiştir. ”Visual Studio C/C++” light teması bu gözleme örnek olarak verilebilir.

TODO İnsanlar indiriyor, ancak neden beğenmiyor veya yorum eklemiyorlar? Bununla ilgili literatür desteği kesin vardır. İnceleyip ondan da destek alarak burayı zenginleştireceğiz.

Şekil 13’de verilen hesaplama akışı kullanılarak seçilen renk teması, font ve örnek kaynak kod için ortalama CCT değerleri hesaplanmıştır. Dark temalar için hesaplanan CCT değerleri Tablo 2’de ve light temalar için olanlar ise Tablo 3’de verilmiştir.

Theme	Mean CCT (K)	Deviation from D65 (%)
Gruvbox	5581	-14
Monokai Pro	6061	-7
Default	7121	10
Visual Studio C/C++	7627	17
Andromeda	8306	28
One Monokai	8648	33
Winter is Coming	9570	47
Github	9914	53
Nord	9935	53
Plastic	10170	56
Atom One Dark	10738	65
One Dark Pro	10738	65
Dracula Official	10817	66
Tokyo Night	16517	154
Palenight	18208	180
Learn with Sumit	23084	255
Shades of Purple	118081	1717
Night Owl	118951	1730

Table 2: Dark Themes Temperatures

Theme	Mean CCT (K)	Deviation from D65 (%)
Gruvbox	4833	-26
Tiny Light	5267	-19
Monokai Pro	5953	-8
Ayu	6789	4
Nord	7718	19
Visual Studio C/C++	7754	19
Netbeans Light	7803	20
Snazzy Light	8331	28
Hop Light	8432	30
Github	9055	39
Community Material	9908	52
Learn with Sumit	10349	59
Default	10432	60
Tokyo Night	11242	73
Night Owl	14311	120
Winter is Coming	15384	137
Atom One Light	47866	636

Table 3: Light Themes Temperatures

Ne dark ne de light temalar için indirme sayıları, beğeni skoru veya yorum sayısı ile ortalama CCT arasında anlamlı bir ilişki bulunamamıştır. Temaların descriptive istatistik sonuçları Tablo 4’de verilmiştir. Dark temaların ortalama CCT değerlerinin ortalaması 8.851 K iken light temalar için 20.276 K hesaplanmıştır. İncelenen 18 dark temadan 11’inin (61%), 17 light temadan 14’ünün (82%) CCT değerlerinin D65 değerinin üzerinde olduğu görülmektedir. Her iki tema grubu için hesaplanan CCT ortalamaları, light temalarda oransal olarak daha fazla olmak üzere, D65 (6.500 K) değerinin çok üzerindedir.

Dark tema grubunda en düşük CCT ortalaması 1.675 K ile Gruvbox iken en yüksek CCT ortalaması 19.253 K ile "Tokyo Night" olmuştur. En fazla indirmenin olduğu "One Dark Pro" için CCT ortalaması 10.613 K’dir. İlk üç indirme sayısı yüksek tema için elde edilen ortalama CCT değerleri de D65’in çok üzerindedir. Dark tema kullananların gün ışığının çok üzerinde bir mavı ışığa maruz kaldığını göstermektedir.

Light tema grubunda en düşük CCT ortalaması 2.563 K ile "Tiny Light" iken en yüksek CCT ortalaması 137.739 K ile "Atom One Light" olmuştur. "Atom One Light" temasının böylesi yüksek bir CCT ortalamasına sahip olmasının temel nedeni bu temada programlama dilinin rezerve kelimelerini içeren sözdizimi grubu için ortalama CCT değeri yüksek bir rengin seçilmiş olmasıdır. Kaynak kodda rezerve kelime sıklığı yüksek olduğundan temanın bu gruba ilişkin yaptığı renklendirme nihai CCT değerinde baskın olarak etki göstermektedir. En fazla indirmenin olduğu "Visual Studio C/C++" için CCT ortalaması 8.824 K'dir. İlk üç indirme sayısı yüksek tema için elde edilen ortalama CCT değerleri "Monokai Pro" hariç D65'in çok üzerindedir. Light tema kullananların dark kullananlara göre daha yüksek oranda mavi ışığa maruz kaldığını göstermektedir.

VS Code'un öntanımlı temaları için hesaplanan ortalama CCT değerleri de Tablo 2 ve Tablo 3'de verilmiştir. Elde edilen değerlere göre dark, light'a göre düşük olsa da D65'in çok üzerindedir. Programlama editörünün default temasını kullananların da yüksek mavi ışığa maruz kaldığını göstermektedir.

Theme	Mean (K)	Std (K)	Min (K)	Max (K)
dark	22781.5	35103.12	5581	118951
light	11260.41	9852.86	4833	47866

Table 4: Theme descriptive statistics

Dual temalar için hesaplanan ortalama CCT değerleri Figure 14'de verilmiştir. Temaların dark versiyonlarının belirgin bir şekilde light versiyonlarına oranla daha düşük CCT ürettiği ancak yine de D65'in üzerinde olduğu görülmektedir. Tema çiftlerinden illa birisi tercih edilecekse dark tercih edilmelidir.

Figure 15'de salt dark temaların ortalama CCT değerleri verilmiştir. "Andromeda" ve "One Monokai" haricindeki temaların ortalama CCT değerleri D65'in üzerindedir. "Palenight" ise CCT değeri en yüksek olan temadır. Dolayısıyla en fazla mavi ışık barındıran tema "Palenight" temasıdır.

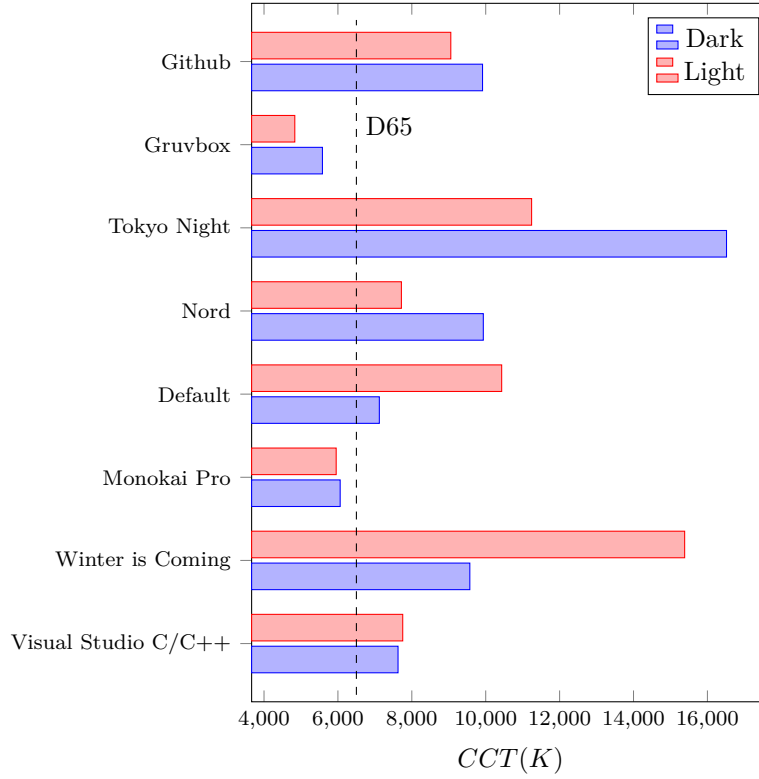


Figure 14: Dark-Light CCT value comparison of themes in pairs

Bu noktada CCT değeri neredeyse tam D65 seviyesinde olan "Dracula Official" temasına özel olarak vurgu yapılmalıdır. İndirme sayılarını baz alan popülerlik sıralamasında 4'ncü sırada olan bu temanın Github kaynak kod deposu 18.3 K "star" almıştır[108]. Bu değer listedeki diğer temaların Github kaynak kod depolarındaki "star" sayılarının çok üzerindedir. Örneğin listede indirme sayıları açısından birinci sırada olan "One Dark Pro" temasının "star" sayısı 1 K[109], ikinci sırada olan "Visual Studio C/C++" temasının star sayısı ise 4.6 K'dır[110]. Bu sonuç bir yandan "Dracula Official" temasının bu çalışma kapsamındaki ölçütlere göre çok başarılı bir tema olduğunu gösterirken diğer yandan tema popülerliği için indirme sayıları dışında ölçütlerin de dikkate alınması gerektiğini ortaya koymaktadır.

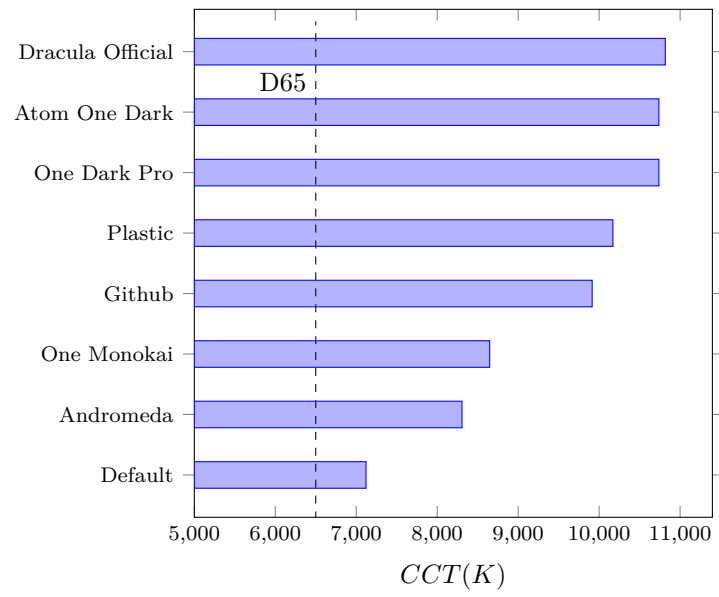


Figure 15: CCT value comparison of dark themes

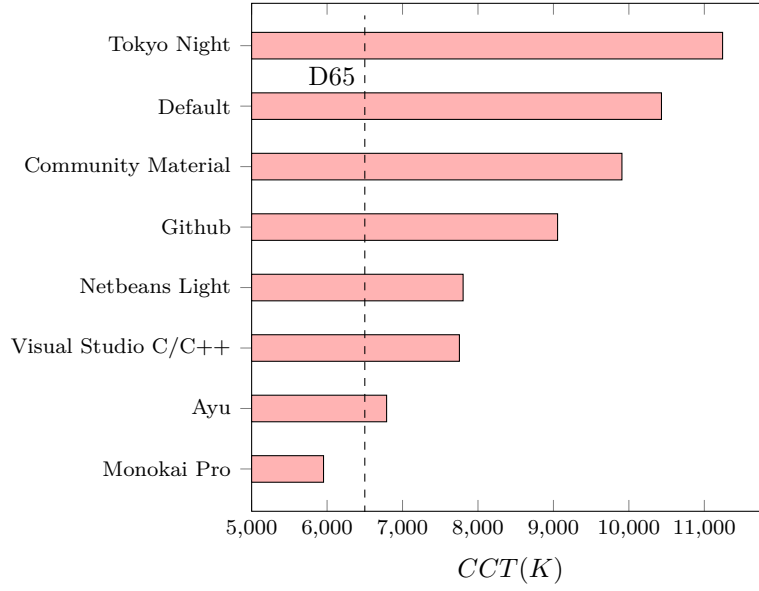


Figure 16: CCT value comparison of light themes

Sarath'ın yaptığı anket çalışması [91] ve Coyier'in CSS özelinde renk tema tercih anketi [88] başta olmak üzere farklı çalışmalarda geliştiricilerin dark tema kullanma eğiliminde olduğu görülmüştür. Bu tercihin altında "Soothing to Eye", "More Concentration" ve "Save Energy" önplana çıkmaktadır.

İncelenen temaların dark versiyonları, light olanlarına oranla yarı oranda CCT değerine sahiptir. D65 değerine çok yakın bir ortalamaya sahiptir. Özellikle mavi ışığın zararlı etkisinin sonucu olarak light temaların daha uyarıcı (**TODO** referans gerekebilir) olmasına karşın uzun süreli kullanımda insan sağlığı açısından olumsuz etkilerinin renk tema tercihinin light yerine dark olmasını açıklamaktadır. Bauer vd.lerinin [111] yaptıkları çalışmada ortaya konan dark temanın okuma üzerine olumlu katkısının da bu tercih önemli bir katkısı olduğu değerlendirilmektedir.

3.1 Kısıtlamalar

Bu çalışmanın aşağıda listelenen çeşitli kısıtlamaları mevcuttur.

- İndirme sayılarına bakılarak sadece en popüler temalar araştırmaya dahil edilmiştir. Tema seçimi 2.1.2 bölümünde açıklanmıştır.
- Çözümleme için örnek dil olarak C dili tercih edilmiştir. Bu tercihin gerekçeleri 2.1.3 bölümünde açıklanmıştır.

- Çözümleme sadece bir font için gerçekleştirilmiştir. Font seçimi 2.1.4 bölümünde açıklanmıştır.
- CCT hesabında, seçilen hesap yaklaşımının kısıtından ötürü T_S ve T_F aralığı dışında kalan renkler göz ardı edilmek zorunda kalmıştır.
- Ekran veya ekran kartının renk bozucu etkisi göz ardı edilmiştir.
- Ortamın aydınlatması göz ardı edilmiştir.
- Geliştiricinin renk algısı tek tip olarak kabul edilmiştir.

4 Conclusion

Bu çalışmada kullanılan temaların indirme sayıları incelendiğinde dark temaların light olanlara oranla çok daha fazla indirildiği görülmüştür. Bu durum farklı anketlerde ortaya konan dark tema kullanım sonuçları uyumludur.

Hem dark hem de light tema grubu için hesaplanan ortalama CCT değerleri D65'in çok üzerinde çıkmıştır. Dark tema ortalamaları light'a göre daha düşüktür. Bu durum farklı anketlerde ortaya konan dark tema kullanım eğilimiyle uyumludur.

Hem dark hem de light tema grubunu kullananların gün ışığının çok üzerinde bir mavi ışığa maruz kaldığını göstermektedir. Bu durum hem editör ile öntanımlı gelen temalar hem de indirme sayısı yüksek olan temalar için geçerlidir. Göz sağlığı başta olmak üzere genel insan sağlığı için light yerine dark tema tercih edilmelidir. Dark temalar arasında ise D65'in altında yer alan temalardan seçim yapılmalıdır.

Çift olarak sunulan temaların hem dark hem de light versiyonlarının CCT değerleri de D65'in üzerinde çıkmıştır. Tema çiftlerinden illa birisi tercih edilecekse dark tercih edilmelidir.

In order to minimize these effects, it is possible for screen producers to know how the products they make will influence melatonin levels and to use model estimations to adjust spectral power distribution of self-lighting devices to adjust them to circadian rhythm or individuals to resort to different methods (using filters, using special lens, using special glasses, using screen specific night/reading mode and software to adjust color temperature) to minimize the harmful effects during the use of these devices. However, considering that it was not possible to reduce BLH' effect to a great extent due to screen technology although blue filtering level was increased and that artificial color temperature changes in theme create visual discomfort, the most common solution will be creating theme with lower mean CCT without sacrificing coding cognitive level in the source where they are created and this will be an acceptable solution in terms of human health. Tema tasarımı yapılırken mavi ışık tehlikesi göz önüne alınarak renk paleti oluşturmaya ilgili ileri çalışmalara ihtiyaç duyulmaktadır. Var olan temaların mavi ışık etkisini azaltmak için gün ışığına bağlı olarak CCT ayarlayan yazılımların SH temalarında context de dikkate alınarak gerçekleştirilmesi daha yerinde olacaktır.

Acknowledgement

Conflicts of interest

The author declares no conflicts of interest.

References

- [1] B. Vigliarolo, “Majority of developers spending half, or less, of their day coding, report finds,” 2019. [Online; accessed 06-04-2022].
- [2] H. Abelson, G. J. Sussman, and with Julie Sussman, *Structure and Interpretation of Computer Programs*, p. xxii. MIT Press/McGraw-Hill, 2nd edition ed., 1996.
- [3] C. Hannebauer, M. Hesenius, and V. Gruhn, “Does syntax highlighting help programming novices?,” *Empirical Software Engineering*, vol. 23, no. 5, pp. 2795–2828, 2018.
- [4] M. Abe, H. Ikeda, Y. Higaki, and M. Nakamichi, “A method to estimate correlated color temperatures of illuminants using a color video camera,” *Instrumentation and Measurement, IEEE Transactions on*, vol. 40, pp. 28 – 33, 03 1991.
- [5] I. Changjun, G. Cui, M. Melgosa, X. Ruan, Y. Zhang, L. Ma, K. Xiao, and M. Luo, “Accurate method for computing correlated color temperature,” *Optics Express*, vol. 24, p. 14066, 06 2016.
- [6] Q. Xingzhong, “Formulas for computing correlated color temperature,” *Color Research & Application*, vol. 12, no. 5, pp. 285–287, 1987.
- [7] C. S. McCamy, “Correlated color temperature as an explicit function of chromaticity coordinates,” *Color Research & Application*, vol. 17, no. 2, pp. 142–144, 1992.
- [8] C. S. McCamy, “Correlated color temperature as an explicit function of chromaticity coordinates (erratum),” *Color Research & Application*, vol. 18, no. 2, p. 150, 1993.
- [9] G. Davis, “Correlated color temperature isotherms,” 2020.
- [10] J. Hernandez-Andres, R. L. Lee, and J. Romero, “Calculating correlated color temperatures across the entire gamut of daylight and skylight chromaticities,” *Applied optics*, vol. 38, no. 27, pp. 5703–5709, 1999.
- [11] A. R. Robertson, “Computation of correlated color temperature and distribution temperature,” *JOSA*, vol. 58, no. 11, pp. 1528–1535, 1968.

- [12] J. O'Hagan, M. Khazova, and L. Price, "Low-energy light bulbs, computers, tablets and the blue light hazard," *Eye (London, England)*, vol. 30, 01 2016.
- [13] K. Malovrh Rebec, M. Klanjšek Gunde, G. Bizjak, and M. Kobav, "White led compared with other light sources: Age-dependent photobiological effects and parameters for evaluation," *International Journal of Occupational Safety and Ergonomics*, vol. 21, pp. 391–398, 07 2015.
- [14] W. Ham, J. Ruffolo, H. Mueller, A. Clarke, and M. Moon, "Histologic analysis of photochemical lesions produced in rhesus retina by short-wavelength light.," *Investigative ophthalmology & visual science*, vol. 17, no. 10, pp. 1029–1035, 1978.
- [15] C. Cajochen, M. Munch, S. Kobińska, K. Krauchi, R. Steiner, P. Oelhafen, S. Orgul, and A. Wirz-Justice, "High sensitivity of human melatonin, alertness, thermoregulation, and heart rate to short wavelength light," *The journal of clinical endocrinology & metabolism*, vol. 90, no. 3, pp. 1311–1316, 2005.
- [16] Y. Mineshita, H.-K. Kim, H. Chijiki, T. Nanba, T. Shinto, S. Furuhashi, S. Oneda, M. Kuwahara, A. Suwama, and S. Shibata, "Screen time duration and timing: Effects on obesity, physical activity, dry eyes, and learning ability in elementary school children," *BMC public health*, 09 2020.
- [17] M. Yoshimura, M. Kitazawa, Y. Maeda, M. Mimura, K. Tsubota, and T. Kishimoto, "Smartphone viewing distance and sleep: An experimental study utilizing motion capture technology," *Nature and Science of Sleep*, vol. Volume 9, pp. 59–65, 03 2017.
- [18] T. E. Duncan and W. K. O'Steen, "The diurnal susceptibility of rat retinal photoreceptors to light-induced damage," *Experimental eye research*, vol. 41, no. 4, pp. 497–507, 1985.
- [19] M. P. White and L. J. Fisher, "Degree of light damage to the retina varies with time of day of bright light exposure," *Physiology & behavior*, vol. 39, no. 5, pp. 607–613, 1987.
- [20] D. T. Organisciak, R. M. Darrow, L. Barsalou, R. K. Kutty, and B. Wiggert, "Circadian-dependent retinal light damage in rats," *Investigative ophthalmology & visual science*, vol. 41, no. 12, pp. 3694–3701, 2000.
- [21] D. K. Vaughan, J. L. Nemke, S. J. Fliesler, R. M. Darrow, and D. T. Organisciak, "Evidence for a circadian rhythm of susceptibility to retinal light damage†¶," *Photochemistry and photobiology*, vol. 75, no. 5, pp. 547–553, 2002.

- [22] P. Wong, D. T. Organisciak, A. Ziesel, M. Chrenek, and M. Patterson, "Circadian effects on retinal light damage," in *The Retina and Circadian Rhythms*, pp. 131–170, Springer, 2014.
- [23] C. Cajochen, "Alerting effects of light," *Sleep medicine reviews*, vol. 11, no. 6, pp. 453–464, 2007.
- [24] D. Organisciak, Y.-L. Jiang, H.-M. Wang, M. Pickford, and J. Blanks, "Retinal light damage in rats exposed to intermittent light. comparison with continuous light exposure.," *Investigative ophthalmology & visual science*, vol. 30, no. 5, pp. 795–805, 1989.
- [25] A. J. Lewy, T. A. Wehr, F. K. Goodwin, D. A. Newsome, and S. Markey, "Light suppresses melatonin secretion in humans," *Science*, vol. 210, no. 4475, pp. 1267–1269, 1980.
- [26] J. F. Duffy and C. A. Czeisler, "Effect of light on human circadian physiology," *Sleep medicine clinics*, vol. 4, no. 2, pp. 165–177, 2009.
- [27] A. Alim-Marvasti, W. Bi, O. A. Mahroo, J. L. Barbur, and G. T. Plant, "Transient smartphone" blindness", *The New England journal of medicine*, vol. 374, no. 25, pp. 2502–2504, 2016.
- [28] J. H. Oh, H. Yoo, H. K. Park, and Y. Do, "Analysis of circadian properties and healthy levels of blue light from smartphones at night," *Scientific reports*, vol. 5, p. 11325, 06 2015.
- [29] T. Lawwill, "Effects of prolonged exposure of rabbit retina to low-intensity light," *Investigative Ophthalmology & Visual Science*, vol. 12, no. 1, pp. 45–51, 1973.
- [30] T. Lawwill, S. Crockett, and G. Currier, "Retinal damage secondary to chronic light exposure," *Documenta ophthalmologica*, vol. 44, no. 2, pp. 379–402, 1977.
- [31] G. Griess and M. Blankenstein, "Additivity and repair of actinic retinal lesions.," *Investigative ophthalmology & visual science*, vol. 20, no. 6, pp. 803–807, 1981.
- [32] "A computerized approach to transmission and absorption characteristics of the human eye, cie 203:2012 incl. erratum 1: Vienna, austria," 2012.
- [33] S.-i. Lee, K. Matsumori, K. Nishimura, Y. Nishimura, Y. Ikeda, T. Eto, and S. Higuchi, "Melatonin suppression and sleepiness in children exposed to blue-enriched white led lighting at night," *Physiological Reports*, vol. 6, p. e13942, 12 2018.
- [34] J. Hansen, "Light at night, shiftwork, and breast cancer risk," 2001.

- [35] D. E. Blask, G. C. Brainard, R. T. Dauchy, J. P. Hanifin, L. K. Davidson, J. A. Krause, L. A. Sauer, M. A. Rivera-Bermudez, M. L. Dubocovich, S. A. Jasser, *et al.*, “Melatonin-depleted blood from premenopausal women exposed to light at night stimulates growth of human breast cancer xenografts in nude rats,” *Cancer research*, vol. 65, no. 23, pp. 11174–11184, 2005.
- [36] R. G. Stevens, “Light-at-night, circadian disruption and breast cancer: assessment of existing evidence,” *International journal of epidemiology*, vol. 38, no. 4, pp. 963–970, 2009.
- [37] R. G. Stevens, “Testing the light-at-night (lan) theory for breast cancer causation,” *Chronobiology international*, vol. 28, no. 8, pp. 653–656, 2011.
- [38] I. Kloog, A. Haim, R. G. Stevens, M. Barchana, and B. A. Portnov, “Light at night co-distributes with incident breast but not lung cancer in the female population of israel,” *Chronobiology international*, vol. 25, no. 1, pp. 65–81, 2008.
- [39] I. Kloog, R. G. Stevens, A. Haim, and B. A. Portnov, “Nighttime light level co-distributes with breast cancer incidence worldwide,” *Cancer Causes & Control*, vol. 21, no. 12, pp. 2059–2068, 2010.
- [40] W. Fang, K. Fang, Y. Zheng, C. Mo, C. Yang, C. Zheng, and C. Xiong, “Will the blue light at night in lamp and screen destroy east asians?,” in *2016 13th China International Forum on Solid State Lighting (SSLChina)*, pp. 104–107, 11 2016.
- [41] M. H. Smolensky, L. L. Sackett-Lundeen, and F. Portaluppi, “Nocturnal light pollution and underexposure to daytime sunlight: Complementary mechanisms of circadian disruption and related diseases,” 2015.
- [42] J. Hansen, “Increased breast cancer risk among women who work predominantly at night,” *Epidemiology*, vol. 12, no. 1, pp. 74–77, 2001.
- [43] E. S. Schernhammer, F. Laden, F. E. Speizer, W. C. Willett, D. J. Hunter, I. Kawachi, and G. A. Colditz, “Rotating night shifts and risk of breast cancer in women participating in the nurses’ health study,” *Journal of the national cancer institute*, vol. 93, no. 20, pp. 1563–1568, 2001.
- [44] E. S. Schernhammer, F. Laden, F. E. Speizer, W. C. Willett, D. J. Hunter, I. Kawachi, C. S. Fuchs, and G. A. Colditz, “Night-shift work and risk of colorectal cancer in the nurses’ health study,” *Journal of the National Cancer Institute*, vol. 95, no. 11, pp. 825–828, 2003.
- [45] I. Kloog, A. Haim, R. G. Stevens, and B. A. Portnov, “Global co-distribution of light at night (lan) and cancers of prostate, colon, and lung in men,” *Chronobiology international*, vol. 26, no. 1, pp. 108–125, 2009.

- [46] A. Haim, A. Yukler, O. Harel, H. Schwimmer, and F. Fares, “Effects of chronobiology on prostate cancer cells growth in vivo,” *Sleep Science*, vol. 3, no. 1, pp. 32–35, 2010.
- [47] T. A. Bedrosian, L. K. Fonken, J. C. Walton, A. Haim, and R. J. Nelson, “Dim light at night provokes depression-like behaviors and reduces cal dendritic spine density in female hamsters,” *Psychoneuroendocrinology*, vol. 36, no. 7, pp. 1062–1069, 2011.
- [48] D. Maras, M. Flament, M. Murray, A. Buchholz, K. Henderson, N. Obeid, and G. Goldfield, “Screen time is associated with depression and anxiety in canadian youth.,” *Preventive medicine*, vol. 73, 02 2015.
- [49] P. L. Turner, E. J. Van Someren, and M. A. Mainster, “The role of environmental light in sleep and health: effects of ocular aging and cataract surgery,” *Sleep medicine reviews*, vol. 14, no. 4, pp. 269–280, 2010.
- [50] M. A. Grandner, “Sleep, health, and society,” *Sleep medicine clinics*, vol. 12, no. 1, pp. 1–22, 2017.
- [51] L. Lazzerini Ospri, G. Prusky, and S. Hattar, “Mood, the circadian system, and melanopsin retinal ganglion cells,” *Annual review of neuroscience*, vol. 40, pp. 539–556, 2017.
- [52] A. Aziz and M. Hidayattuloh, “Designing campaign of blue light hazard for teenager in bandung,” in *4th Bandung Creative Movement International Conference on Creative Industries 2017 (4th BCM 2017)*, 01 2018.
- [53] Y. Touitou, D. Touitou, and A. Reinberg, “Disruption of adolescents’ circadian clock: The vicious circle of media use, exposure to light at night, sleep loss and risk behaviors,” *Journal of Physiology-Paris*, vol. 110, pp. 467–479, November 2016.
- [54] H.-S. Kim and Y. Lee, “Correlation analysis of image reproduction and display color temperature change to prevent sleep disorder,” *IEEE Access*, vol. PP, pp. 1–1, 05 2019.
- [55] K. Spiegel, E. Tasali, P. Penev, and E. Van Cauter, “Sleep curtailment in healthy young men is associated with decreased leptin levels, elevated ghrelin levels and increased hunger and appetite,” *Ann Int Med*, vol. 141, no. 11, pp. 846–50, 2004.
- [56] L. K. Fonken, J. L. Workman, J. C. Walton, Z. M. Weil, J. S. Morris, A. Haim, and R. J. Nelson, “Light at night increases body mass by shifting the time of food intake,” *Proceedings of the National Academy of Sciences*, vol. 107, no. 43, pp. 18664–18669, 2010.
- [57] G. S. Goldfield, K. Henderson, A. Buchholz, N. Obeid, H. Nguyen, and M. F. Flament, “Physical activity and psychological adjustment in adolescents,” *Journal of Physical Activity and Health*, vol. 8, no. 2, pp. 157–163, 2011.

- [58] K. Spiegel, K. Knutson, R. Leproult, E. Tasali, and E. V. Cauter, “Sleep loss: a novel risk factor for insulin resistance and type 2 diabetes,” *Journal of applied physiology*, vol. 99, no. 5, pp. 2008–2019, 2005.
- [59] V. Gabel, C. F. Reichert, M. Maire, C. Schmidt, L. J. Schlangen, V. Kolodyazhnyi, C. Garbaza, C. Cajochen, and A. U. Viola, “Differential impact in young and older individuals of blue-enriched white light on circadian physiology and alertness during sustained wakefulness,” *Scientific reports*, vol. 7, no. 1, pp. 1–13, 2017.
- [60] S. Domingues-Montanari, “Clinical and psychological effects of excessive screen time on children,” *Journal of paediatrics and child health*, vol. 53, no. 4, pp. 333–338, 2017.
- [61] P. V. Algvere, J. Marshall, and S. Seregard, “Age-related maculopathy and the impact of blue light hazard,” *Acta Ophthalmologica Scandinavica*, vol. 84, no. 1, pp. 4–15, 2006.
- [62] R. Kozakov, S. Franke, and H. Schöpp, “Approach to an effective biological spectrum of a light source,” *LEUKOS - The Journal of the Illuminating Engineering Society of North America*, vol. 40, pp. 255–263, 04 2008.
- [63] L. Ostrin, K. Abbott, and H. Queener, “Attenuation of short wavelengths alters sleep and the iprgc pupil response,” *Ophthalmic and Physiological Optics*, vol. 37, pp. 440–450, 07 2017.
- [64] S. Wahl, M. Engelhardt, P. Schaupp, C. Lappe, and I. Ivanov, “The inner clock - blue light sets the human rhythm,” *Journal of Biophotonics*, vol. 12, 08 2019.
- [65] L. Tähkämö, T. Partonen, and A.-K. Pesonen, “Systematic review of light exposure impact on human circadian rhythm,” *Chronobiology International*, vol. 36, pp. 1–20, 10 2018.
- [66] S. W. Lockley, G. C. Brainard, and C. A. Czeisler, “High Sensitivity of the Human Circadian Melatonin Rhythm to Resetting by Short Wavelength Light,” *The Journal of Clinical Endocrinology & Metabolism*, vol. 88, pp. 4502–4505, 09 2003.
- [67] M. Rüger, M. St. Hilaire, G. Brainard, S. B. Khalsa, R. Kronauer, C. Czeisler, and S. Lockley, “Human phase response curve to a single 6.5 h pulse of short-wavelength light,” *The Journal of physiology*, vol. 591, 10 2012.
- [68] A. Wolfson and M. Carskadon, “Sleep schedules and daytime functioning in adolescents,” *Child development*, vol. 69, pp. 875–87, 08 1998.

- [69] J.-y. Heo, M. Fava, D. Mischoulon, G. Papakostas, M.-J. Kim, D. Kim, K.-A. Chang, B.-H. Yu, and H. J. Jeon, "Effects of smartphone use with and without blue light at night in healthy adults: A randomized, double-blind, cross-over, placebo-controlled comparison," *Journal of Psychiatric Research*, vol. 87, 12 2016.
- [70] C. Moderie, S. Van der Maren, and M. Dumont, "Circadian phase, dynamics of subjective sleepiness and sensitivity to blue light in young adults complaining of a delayed sleep schedule," *Sleep Medicine*, vol. 34, 04 2017.
- [71] M. Kayaba, K. Iwayama, H. Ogata, Y. Seya, K. Kiyono, M. Satoh, and K. Tokuyama, "The effect of nocturnal blue light exposure from light-emitting diodes on wakefulness and energy metabolism the following morning," *Environmental health and preventive medicine*, vol. 19, p. 354–361, September 2014.
- [72] T. Munezawa, Y. Kaneita, Y. Osaki, H. Kanda, M. Minowa, K. Suzuki, S. Higuchi, J. Mori, R. Yamamoto, and T. Ohida, "The association between use of mobile phones after lights out and sleep disturbances among japanese adolescents: A nationwide cross-sectional survey," *Sleep*, vol. 34, pp. 1013–20, 08 2011.
- [73] M. Tremblay, A. Leblanc, I. Janssen, M. Kho, A. Hicks, K. Murumets, R. Colley, and M. Duggan, "The canadian sedentary behavior guidelines for children and youth," *Applied physiology, nutrition, and metabolism = Physiologie appliquée, nutrition et métabolisme*, vol. 36, pp. 59–64; 65, 02 2011.
- [74] C. Cajochen, S. Frey, D. Anders, J. Späti, M. Bues, A. Pross, R. Mager, A. Wirz-Justice, and O. Stefani, "Evening exposure to a light-emitting diodes (led)-backlit computer screen affects circadian physiology and cognitive performance," *Journal of applied physiology (Bethesda, Md. : 1985)*, vol. 110, pp. 1432–8, 03 2011.
- [75] F. Behar-Cohen, C. Martinsons, F. Viénot, G. Zissis, A. Barlier-Salsi, J. Cesarini, O. Enouf, M. Garcia, S. Picaud, and D. Attia, "Light-emitting diodes (led) for domestic lighting: Any risks for the eye?," *Progress in retinal and eye research*, vol. 30, pp. 239–57, 07 2011.
- [76] E. Conlon, W. Lovegrove, T. Hine, E. Chekaluk, K. Piatek, and K. Hayes-Williams, "The effects of visual discomfort and pattern structure on visual search," *Perception*, vol. 27, pp. 21–33, 02 1998.
- [77] S. Kurimoto, K. Noro, S. Matsuoka, S. Yamamoto, A. Komatsubara, and T. Iwasaki, "[the working adaptation in visual display terminal (vdt) workers]," *Journal of UOEH*, vol. 8 Suppl, pp. 227–64, 04 1986.
- [78] J. Anshel, "Visual ergonomics in the workplace," *AAOHN journal : official journal of the American Association of Occupational Health Nurses*, vol. 55, pp. 414–20; quiz 421, 11 2007.

- [79] M. Stoner, “Health tips for computer users,” *Home healthcare nurse*, vol. 19, pp. 787–9, 01 2002.
- [80] B. Wood, M. Rea, B. Plitnick, and M. Figueiro, “Light level and duration of exposure determine the impact of self-luminous tablets on melatonin suppression,” *Applied ergonomics*, vol. 44, 07 2012.
- [81] S. Mortazavi, S. Parhoodeh, M. Hosseini, H. Arabi, H. Malakooti, S. Nematollahi, G. Mortazavi, L. Darvish, and A. R. Mortazavi, “Blocking short-wavelength component of the visible light emitted by smartphones’ screens improves human sleep quality,” *Journal of Biomedical Physics and Engineering*, vol. 8, pp. 375–380, 12 2018.
- [82] G. Heiting, “Blue light facts: How blue light affects your eyes,” 2021.
- [83] I. Sano, M. Tanito, T. Okuno, Y. Ishiba, and A. Ohira, “Estimation of the melatonin suppression index through clear and yellow-tinted intraocular lenses,” *Japanese journal of ophthalmology*, vol. 58, 04 2014.
- [84] S. Van der Lely, S. Frey, C. Garbaza, A. Wirz-Justice, O. Jenni, R. Steiner, S. Wolf, C. Cajochen, V. Bromundt, and C. Schmidt, “Blue blocker glasses as a countermeasure for alerting effects of evening light-emitting diode screen exposure in male teenagers,” *Journal of Adolescent Health*, vol. 56, 10 2014.
- [85] J. A. Calvo-Sanz and C. E. Tapia Ayuga, “Blue light emission spectra of popular mobile devices: The extent of user protection against melatonin suppression by built-in screen technology and light filtering software systems,” *Chronobiology International*, vol. 37, pp. 1–7, 07 2020.
- [86] E. Teran, C. Yee, J. Ortega-Salazar, P. Gracia, E. Garcia-Romo, and R. Woods, “Evaluation of two strategies for alleviating the impact on the circadian cycle of smartphone screens,” *Optometry and Vision Science*, vol. 97, pp. 207–217, 03 2020.
- [87] S. Vishwakarma, “Why most developers prefer the dark theme ide?,” 2020. [Online; accessed 06-04-2022].
- [88] C. Coyier, “Poll results: Light-on-dark is preferred,” 2013. [Online; accessed 06-04-2022].
- [89] StackOverflow, “Integrated development environment survey,” 2021. [Online; accessed 06-04-2022].
- [90] Visual Studio Code, “Vs code themes statistics,” 2022. [Online; accessed 06-04-2022].
- [91] S. TK, “Which color theme do you prefer in your code editor?,” 2016. [Online; accessed 06-04-2022].

- [92] TIOBE, “Tiobe index for march 2022,” 2022. [Online; accessed 06-04-2022].
- [93] Git authors, “Git source code of grep subcommand,” 2022. [Online; accessed 10-01-2022].
- [94] Git authors, “git-grep – print lines matching a pattern,” 2022. [Online; accessed 10-01-2022].
- [95] Git authors, “Git source code repository,” 2022. [Online; accessed 10-01-2022].
- [96] Git authors, “Git version control system,” 2022. [Online; accessed 10-01-2022].
- [97] Microsoft, “Consolas font family,” 2022. [Online; accessed 10-01-2022].
- [98] Nokogiri contributors, “Nokogiri, an html, xml, sax, and reader parser for ruby,” 2022. [Online; accessed 06-04-2022].
- [99] Apple @, “Truetype reference manual,” 2022. [Online; accessed 06-04-2022].
- [100] English Wikipedia contributors, “List of monospaced typefaces,” 2022. [Online; accessed 06-04-2022].
- [101] StackOverflow QA site contributors, “Why use monospace fonts in your ide?,” 2010. [Online; accessed 06-04-2022].
- [102] Quora QA site contributors, “Why do programmers use monospaced fonts?,” 2018. [Online; accessed 06-04-2022].
- [103] M. Leisher, *otf2bdf(1) – OpenType to BDF font converter*, 2008.
- [104] FreeType developers, “The free type project,” 2022. [Online; accessed 06-04-2022].
- [105] Colour contributors, “Colour science,” 2022. [Online; accessed 06-04-2022].
- [106] C. Li, G. Cui, M. Melgosa, X. Ruan, Y. Zhang, L. Ma, K. Xiao, and M. R. Luo, “Accurate method for computing correlated color temperature,” *Optics express*, vol. 24, no. 13, pp. 14066–14078, 2016.
- [107] Wikipedia, “Cie 1931 color space,” 2005.
- [108] Dracula Theme authors, “Dracula theme github source repository,” 2022. [Online; accessed 06-04-2022].
- [109] One Dark Pro Theme authors, “One dark pro theme github source repository,” 2022. [Online; accessed 06-04-2022].

- [110] Microsoft, “Visual studio c/++ theme github source repository,” 2022.
[Online; accessed 06-04-2022].
- [111] D. Bauer and C. Cavonius, “Improving the legibility of visual display units through contrast reversal, in” ergonomic aspects of visual display terminals”,” 1980.