



TWOP News

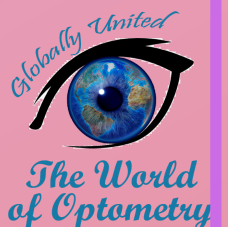
TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry



HARMFUL EFFECTS

OF BLUE LIGHT FROM

DIGITAL DEVICES



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Introduction

Sun is the main source of blue light.

Blue light has shorter wavelength and higher energy than other colors which ranges from 400-490nm.

Computer screens and digital devices emit a lot of blue light. We also tend to blink less when using digital devices which contribute to dry eyes and eyestrain. Digital eye strain or computer vision syndrome affects about 50% of computer users which causes dry irritated eyes and blurred vision.



Blue Light

Blue light from the electronic devices messes with your circadian rhythm or sleep cycle. It signals your brain to wake up when it should be winding down. Powering down your devices at least 3 hours of bedtime can help.

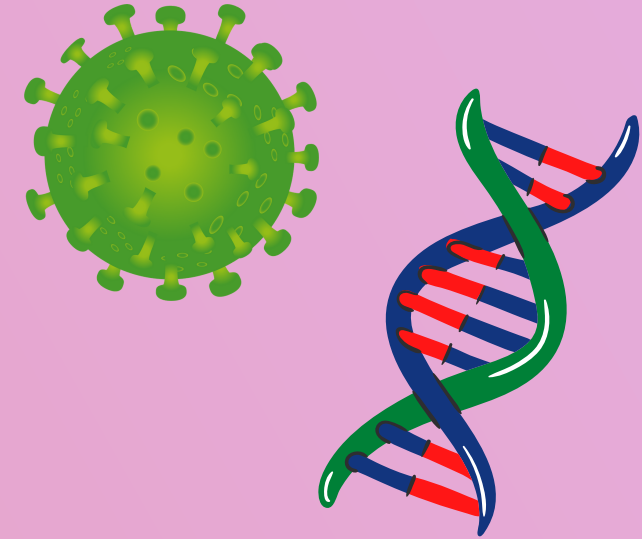


Since today's generation cannot avoid the use of digital devices we need to follow some precautionary measures.



Coronavirus

Also since now it's been more than a year now for coronavirus pandemic 80 % of people are working from home. Even schooling is also online with usage of laptops and ipads which has made us more dependent on digital devices.



We need to take frequent breaks, Blink your eyes more frequently, look at distance objects, people with more than 8 hours of digital devices usage can also use artificial tears drops to keep eyes lubricated to avoid further dryness.



Blue light blocking

There are many Blue light blocking glasses available in the market, eg BluO lenses, blue light blocking glasses zfort , Blu cut lenses from Essilor, Computer glasses like Eyezen protect your eyes from extended exposure to blue light and help relax your vision reducing digital eyestrain indoors.



Protection

For the outdoors clear protective lens coatings like Crizal are perfect for indoor and outdoor use.

For both indoor and outdoor Transition lenses offer optimal protection from harmful UV rays from both sun and blue light from digital devices and house lights.



DRAG TO THE SIDE
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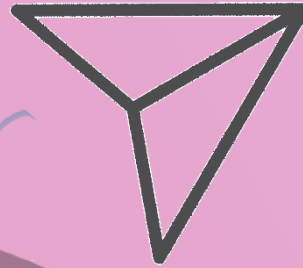
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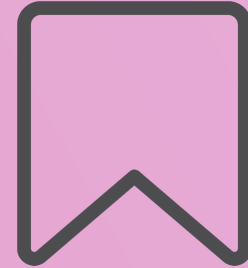
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