

Green light from the screen of smartphone, tablet and laptop can cause blindness faster

Exposure to blue light for a long time can reduce vision, create toxic molecules in light-sensitive cells in the eye that can cause macular degeneration and other eye-related diseases. fast growing.

On July 5, 2018, researchers at Toledo University, Ohio, USA announced a new finding that exposure to blue light for a long time can reduce vision, create The toxic molecule in light-sensitive cells in the eye can cause rapid development of macular degeneration and other eye-related diseases.

Green light is the type of light that usually emits from smartphones, tablets, TVs and laptops.



In the process of investigating how cells respond to daily exposure to blue light, scientists have discovered that, when living cells are exposed to blue light in photosensitive cells. , biological components respond to light in the eyes, appearing toxic chemical molecules.

Dr. Payton said, although not at all, the amount of green light emitted from smartphones is still acceptable. And now, some smartphone manufacturers have also added blue light filters to the screen.

The depletion of light-sensitive cells in the retina causes eye diseases such as macular degeneration, which is often associated with age and can cause blindness. In the United States there are 11 million people suffering from yellowing disease and by 2050, this number could double.

Dr. Ajith Karunaratne, one of the study participants, advised people to avoid using smartphones, tablets or laptops in the dark and should wear sunglasses that can filter both ultraviolet and blue light to protect the eyes.

See more:

1. How to automatically reduce blue light Windows 10 April 2018
2. 6 must-have green light filtering applications for your computer, phone
3. Enable to limit blue light from PC and Mac computer screens to protect sleep - did you know?
4. 4 simple ways to protect your eyes when working long in front of electronic devices

You finished reading the article "**Green light from the screen of smartphone, tablet and laptop can cause blindness faster**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.