

Learn about blue light filters

All the time we 'glued' our eyes to the screens of those electronic devices will create many different bad effects on both the body and the mind. To overcome these problems, you can choose a pair of blue light filters.

An average office worker spends 1,700 hours each year in front of a computer screen. It is only the time spent at the office. In fact, we still use the phone all day.

All the time we "glued" our eyes to the screens of those electronic devices will create many different effects on both the body and mind, such as the phenomenon of eye fatigue, headaches and insomnia. . To overcome these problems, you can choose a pair of blue light filters. This type of glasses is advertised as being able to do everything from removing eye strain to helping you sleep better.

Currently, companies like Felix Gray and Peepers offer a lot of beautiful blue light filter products. You can even combine this blue light filter with close-up glasses according to the number you are using.



So does the blue light filter really make a difference for everyone who is forced to stare at the screen for more than 8 hours a day? The answer is not simply yes or no. Find out more carefully through the following article!

What is a blue light filter? Should I buy a blue light filter?

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Staring at the screen for hours every day really causes negative effects?

The short answer is possible. Doctors and researchers primarily focus on two problems arising from the increasing use of electronic devices: The phenomenon of digital eyestrain and exposure to blue light.

According to the American Optometric Association, digital eyestrain is "a group of eye and visual problems caused by the use of computers, tablets, electronic book readers and phones. mobile stretching ". These problems range from blurred vision and dry eyes, to headaches and neck pain.



Staring at the screen all day also means exposure to blue light waves for a long time. This is said to cause a multitude of problems. There is conflicting evidence about how blue light exposure affects the eyes, but doctors and researchers agree that this affects the circadian rhythm.

What is blue light?

All the light that people see contains the entire spectrum of the rainbow, from red to purple. Within the spectrum it is blue light waves, which are thought to help us stay awake and optimistic.

What sources emit blue light?

Any visible light source emits blue light waves, whether it's the sun, the touch screen or the light bulb.

We get a lot of blue light waves every day from the sun, but after dark, we still come into contact with it from many artificial sources.

How does blue light affect sleep?

When the sun goes down, the lack of light signals our bodies to start producing melatonin, the hormone responsible for making us feel sleepy.



Before artificial light was born, the sun was responsible for regulating the sleep schedule. But today, we are exposed to light day and night. Although exposure to any light wave after dark also slows down the body's production of melatonin, special blue light waves cause more serious problems because they keep us in a state of conscious.

On the other hand, blue light can make it difficult to fall asleep by breaking the normal circadian rhythm. For example, Lumos masks use light therapy to minimize the effects of jet lag (fatigue after long flights).

Compared to fluorescent lamps and incandescent lamps, LEDs can produce a large amount of blue light.

Unfortunately for all of us who regularly use electronic devices after sunset, LED lights are used in countless screens of smartphones, tablets and TVs. Technology products with LCD screens, such as laptops, iPads and old iPhones, still use LEDs to illuminate the screen.

Is green light harmful?

Green light is related to many types of problems, from the phenomenon of digital eyestrain to blindness. However, there is a lot of conflicting evidence about how it is harmful (or not).

The American Academy of Ophthalmology says there is no evidence that green light emitted from the screen will cause eye damage, as we are exposed to blue light all day.



Talking to CNET, Dr. Raj Maturi, clinical spokesman of the American Academy of Ophthalmology, explained: "In the daytime, you get 10 times more blue light from the sun than from a screen. Our body has evolved to deal with this light. "

However, research compiled by AOA indicates that prolonged exposure to blue light (such as sitting in front of the computer all day) can damage the retina - the inner layer of the eye, which is responsible for sending Signals to the brain to handle what you are seeing.

Prevent Blindness, a nonprofit organization that studies vision loss problems, also said that early studies showed that blue light could be part of the cause of eye strain.

What is a blue light filter?

Blue light filters have filters in the lens, which block or absorb blue light and even UV rays pass through. This means that if you use these glasses when looking at the screen, especially after dark, they can help reduce exposure to blue light waves that keep you awake.

Many types of blue light filters also claim to reduce eye fatigue.

Most are used to wear during the day when working in front of the computer and at night to prevent blue light from the screen making it difficult for users to fall asleep.



Should I buy a blue light filter?

The answer depends on whether you want or need to look at your phone after dark and do you have trouble sleeping?

There is evidence that green light affects when the body produces melatonin, so if you use the monitor for long periods of time after sunset, these glasses can help you fall asleep. more then.

However, if you are dealing with digital eye phenomenon, there is an easy exercise you should try before investing some money in buying a new blue light filter. Use the 20-20-20 rule: Every 20 minutes, look at something that is at least 20 feet away (about 6m) for 20 seconds.

This helps break the focus on the screen, allowing the eye muscles to relax and prevent eye strain.

A user has worn a pair of blue light filters over the past few months. Although not 100% sure that this pair of glasses works really well with the eyes, this person noticed that his eyes were less tired at the end of the day.

See more:

1. Some simple stress relief and eye relaxation exercises
2. 11 eye protection tips when using the phone

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