

Why go to the sun on everyone will be dizzy?

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In the sunlight, it emits UV rays, also known as ultraviolet rays and ultraviolet rays.

The atmosphere surrounding the Earth prevented 98.7% of the Sun's light, leaving only about 2.3%. But, only nearby can affect the human body, especially the skin and eyes.

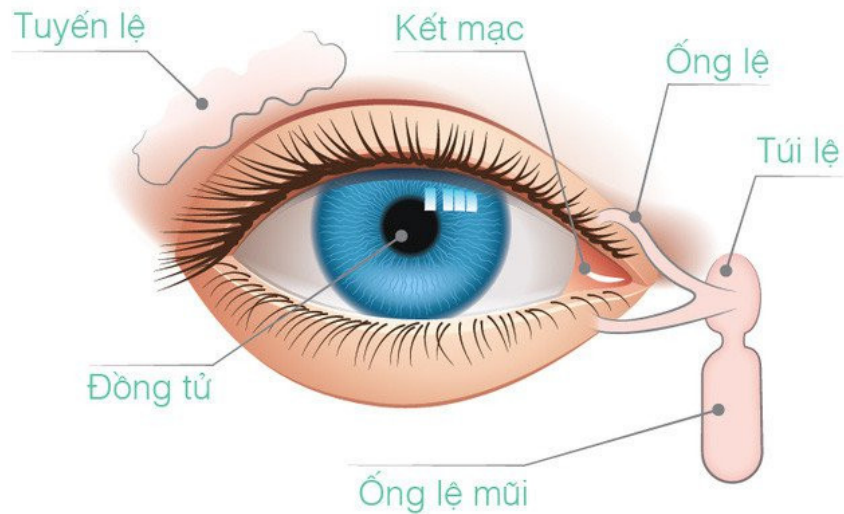


When going to the street at a hot sunny day, sunlight is quite strong, according to the brain reflex will direct the eyes to tighten to prevent UV rays from entering the eyes. In order to avoid damage to the eyes, the iris will regulate a large opening or opening to adjust the amount of light into the eye.

Specifically, the pupil of the eye often shrinks to avoid strong light sources in a sunny environment, strong light. In contrast, pupil pupils will often expand to catch more light in a cool, shady environment.

When you go to the sun and go to the pupil's house, you will change your state, dilate it out in the shade. This is the reason you feel a little dizzy.

The harmful effects of UV rays on the eyes



Strong light rays can penetrate the eye, causing damage to the retina. If this nerve layer is burned, especially in the central region (royal spot), the eye will be blurred, difficult to recover. Even if the eyes are exposed to strong UV rays for a long time, it can cause conjunctival degeneration, cataracts, cancer .

To protect your eyes and avoid dizziness when you go to the sun you should wear sunglasses to protect your eyes, especially from 10 - 16h.

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2. People know how to lie since they were 2 and the truth is unexpected

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