What is Blue Light?
Blue light is a form of light that we are commonly exposed to with the use of light emitting diodes (LEDs). LEDs are found in many commercial products such as cellular devices, televisions, computer screens, and tablets. These LEDs emit peak emission blue light wavelengths ranging from 400-490 nm. However, this light does not only come from artificial sources, we are also exposed to this type of light from natural sources such as the sun. The concern of overexposure to this type of light has been increasing with modern changes in our habits and surroundings. We are now more predisposed to technology that emits blue light whether it would be at work, home, or in our social environments.

What are the Effects of Blue Light Exposure?
The main concerns come from the idea that long-term duration and exposure to blue light may cause eyestrain, damage to the eye, and sleep disturbance especially when using electronic devices during the nighttime.

Do Blue Light Blocking Glasses Work?
With the growing concern, you may have seen the marketing of blue light glasses that aim to filter out this light and reduce our exposure. However, current research has been insufficient in
determining whether or not these glasses truly lead to beneficial results. In fact, blue light has only really been linked with impacting our sleep and production of melatonin within the body. More research needs to be done on whether or not it can be attributed to the onset of eye strain or damage to the eye. The most common sort of eyestrain caused from exposure to digital screen use is actually digital eyestrain, which is a result of blinking less often while looking at a screen.

What can you do to Prevent Sleep Disturbance and Eye Strain?
Some good practices you may choose to utilize in order to prevent the detrimental effects of long-term screen use include the following:

- Use the 20-20-20 rule: Give your eyes a break from the screen. Every 20 minutes look at something 20 feet away for 20 seconds.
- Put your devices away at night: Limit your use and exposure to artificial light in the evening around bedtime as to not interrupt you natural sleep rhythm.
- Take a break from your screen: Make sure to get some natural light during the day by going outside and taking a break.

Contact

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More information

External links

1. Should you be worried about blue light?[2]
2. The 20-20-20 rule [3]
3. Is blue light bad for your health?[4]
5. Do blue light blocking glasses work?[6]