



ERGO BULLETIN

Flipping the Switch on Blue Light

As we become more reliant on screen-based technology at work and home, our exposure to blue light has increased exponentially. Too much exposure to artificial blue light at close range and in high, frequent doses can contribute to eye strain, migraines, disruption of circadian rhythm (the body's internal clock) or loss of sight. Blue light exists everywhere and is one of several colors of light waves emitted by the sun. Blue light waves have short wavelengths and high energy, so they are readily picked up by our eyes. While our eyes are effective at blocking UV light, blue light passes through the cornea and lens of the eye, reaching the retina. Since the retina is delicate, limiting excess exposure is key for prolonged eye health. Blue light is not entirely bad for us as we rely on natural blue light exposure (sunlight) during the day to help maintain a healthy circadian rhythm.



Follow these tips while using electronic devices:

1. **Check Screen Settings** to see if your device features a preset “night” mode. Enabling this option all the time will decrease the amount of blue light emitted from the screen. If there is no preset option, you can adjust the screen brightness to be just slightly brighter than the light around you. Use warmer color settings and high contrast on monitors to help your eyes.
2. **Installing a Screen Filter** can help reduce the amount of blue light emitted from screens and some styles double as privacy screens.
3. **Follow the 20/20/20 Rule** to rest your eyes throughout the day and reboot your focus, by taking a break every 20 minutes, during prolonged screen time, to focus on an object at least 20 feet away for 20 seconds.
4. **Use Blue Light Glasses** instead of a screen filter so that you don't need to obtain different filters for each of your devices. These glasses can be purchased off the rack or properly fitted and prescribed by an optometrist.



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