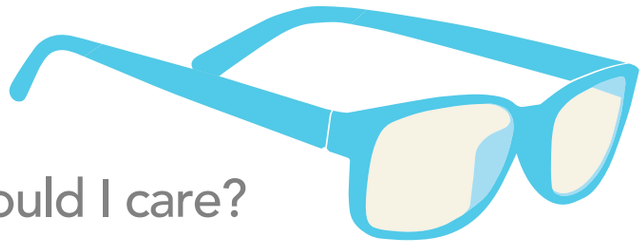
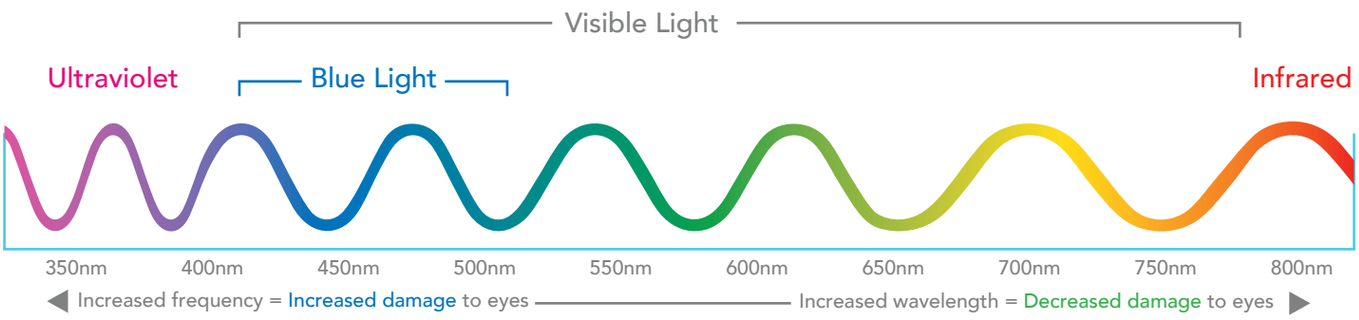
BLUE LIGHT GLASSES



How do they work? And Why should I care?

WHAT IS BLUE LIGHT?

Blue Light is a particular form of visible light, while UV Light emitted from the sun is an example of non-visible light. UV Light affects the front of your eye (like a sunburn) while Blue Light affects the back of your eye.

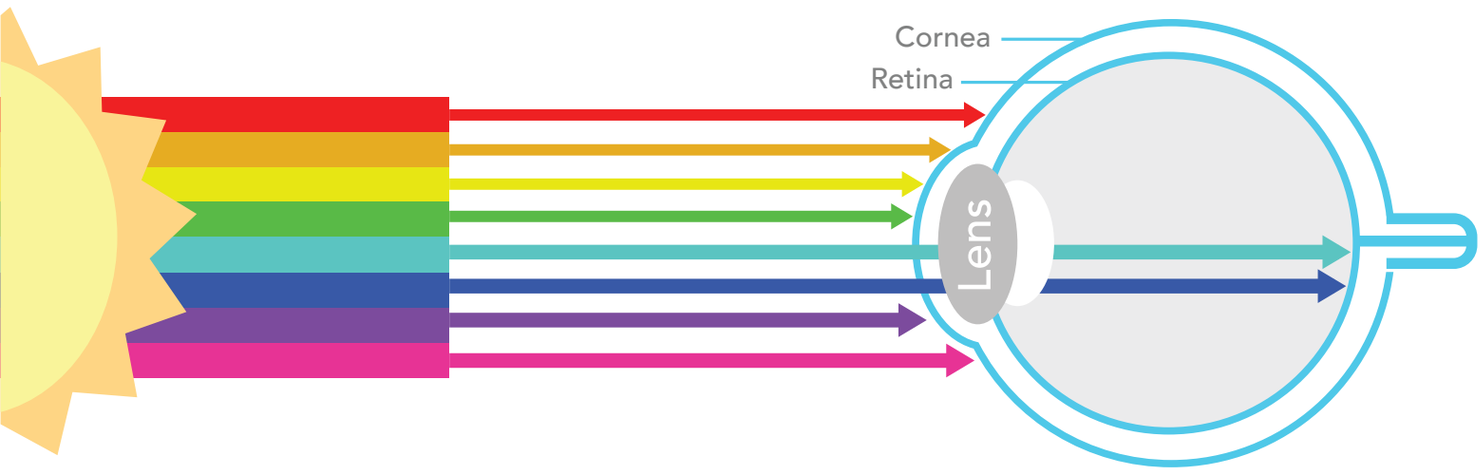


400 - 450 nm
HEV Induced Retina Damage and Cell Death

460 + 10 nm
Glare Caused by LCD displays, mobile displays, LED lights: Melatonin Suppression, increased alertness, increased heart-rate, etc.

470 nm
"Good" Blue Light useful for various treatments (sleep disorder, seasonal depression, etc.)

Blue Light has particularly intense wavelengths with more energy than other forms of visible light, so it travels further through your eye.



Sources of Blue Light

- **Screens** (Television, Computer, Phones, Tablets)
- **Fluorescent + LED lights.**
- **The Sky!** Blue Light is what makes the sky look blue. Your body uses that blue light exposure to regulate sleep & wake cycles.

Studies say that 60% of all adult Americans spend 6+ hours a day in front of a blue light emitting screen!

What impact does Blue Light have?

SHORT TERM CHALLENGES:

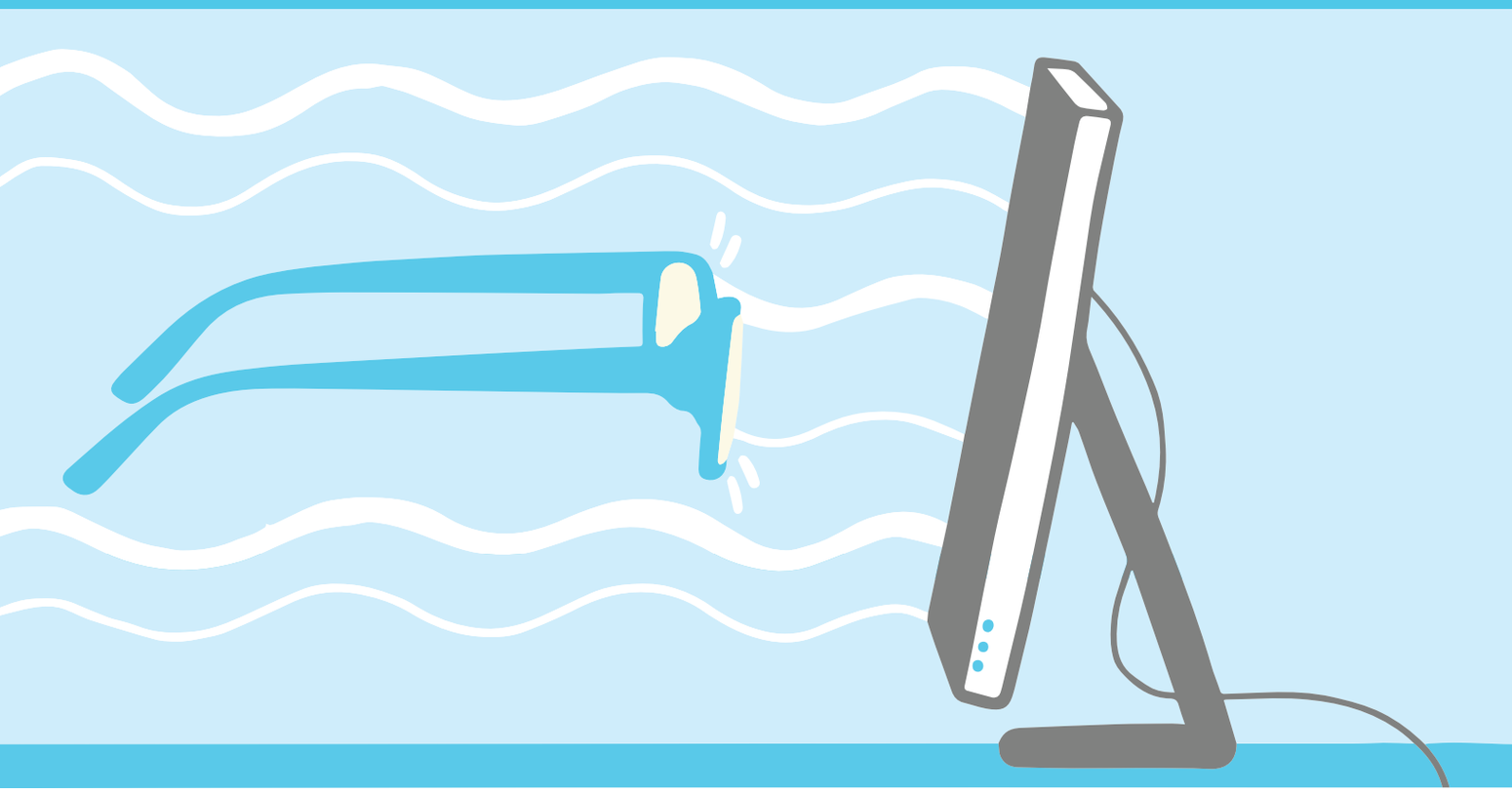
Circadian Rhythm Disruption:
Blue Light triggers your body to think it is day time.
If you use screens at night your body will resist falling asleep!
Eye Strain: Headaches, Blurry vision, mental fatigue.

LONG TERM RISKS:

Macular Degeneration

Certain occupations are more at risk than others!
• Lighting installers • Surgeons • Dentists

What Do Blue Light Lenses Do?



They limit the amount of blue light filtering through your glasses and in turn, your eyes!

DID YOU KNOW?

70% of adults who report regular usage of media devices experience some symptoms of digital eyestrain, but many did nothing to lessen their discomfort, mainly due to lack of knowledge.