

Vision Plans

Blue Light: Is it Bad for Your Eyes?

What is Blue Light?

- Blue light is part of the visible light spectrum which has a very short wavelength and produces a higher amount of energy.

Key Points about Blue Light:

- Blue Light is everywhere.
 - ⇒ Most notably from display screens of computers, electronic notebooks, smartphones and other digital devices that emit light.
- The eye is not very good at blocking blue light.
 - ⇒ Virtually all blue light passes through the cornea and lens and reaches the retina.
- Blue light exposure may increase risk of macular degeneration.
 - ⇒ Since blue light penetrates to the retina, studies show that too much exposure can damage light-sensitive cells.
- Blue light contributes to digital eye strain.
 - ⇒ Because of the short wavelengths, high energy blue light scatters more easily than other visible lights and is not easily focused and can contribute to eye strain.
- Not all Blue Light is bad.
 - ⇒ It has been documented that some blue light exposure is essential for good health. High energy visible light can help boost alertness helps memory and cognitive function and can even elevate your mood. There is even something called "Light Therapy" which is used to treat some types of depression.

Ask your eye doctor about which types of vision correction and lens features best suit your needs for viewing your computer and all other digital devices and protecting your eyes from blue light.

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