WHAT IS BLUE LIGHT?
The shortest, highest energy wavelengths visible to the human eye.

CONSEQUENCES

1. Sleep Challenges
Prolonged exposure to blue light at night prevents the release of melatonin, which is the hormone in our bodies that regulates our sleep cycle.

2. Eyestrain & Fatigue
Warning signs of eye strain include blurry vision, difficulty focusing, dry and irritated eyes, headaches, and neck and back pain.

STOP & THINK
DISTANCE OF READING MATERIAL
TYPE OF GLASSES
MONITOR HEIGHT
NECK POSTURE
LIGHTING
GLARE

TIPS!
Blink
Schedule digital curfews
Position laptop close to a window
Expose yourself to lots of natural light during the day

20/20/20 Rule
Every 20 minutes
Look 20 feet away
for 20 seconds

Blue Light Filter Apps
Computer: Windows 10 Night Light | F.lux | CareUEyes Lite | Iris Mini
Cell phone: iPhone Night Shift Mode | Twilight | EasyEyes | Blue Light Filter

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SOURCES
Sun, electronic devices, digital screens, fluorescent and LED lighting.

Sourced from:
The Canadian Association of Optometry: https://opto.ca/health-library/the-20-20-20-rule
Canadian Centre for Occupational Health and Safety: https://www.ccohs.ca/products/courses/office_ergonomics/
http://www.bluelightexposed.com/#what-is-blue-light

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