

Erica Miller '20
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Late Nights due to Blue Lights

Have you noticed that you have been staying up later? Chance is that this is the cause of the blue light emitted from your technology. Online school means that students and teachers have to spend a full day of learning looking at a computer. Research tells that blue light leads to strain on the eyes and poor sleeping habits. Most likely you have seen the effect in your later bedtime and more recurring headaches. Harvard Health expresses the warning that exposure to light at nighttime can lead to a lack of melatonin, a hormone that aids in relaxation and sleep. To get a break from your screen try new crafts or spending time with family. Anything that decreases the amount of time you spend on technology daily will help.

However, for many people there is no avoiding being on their phones watching Tik Tok or Facetiming a friend to keep in touch. The solution to this is blue light blocking glasses, which shield your eyes. For those that have always wanted a stylish pair of glasses, but never had a need for them, this is a good time to try something new. You may be thinking, "Those glasses are a hoax", or "Why would I spend money on something that won't work". I have an answer to resolve those thoughts; it does work. Curious as I am, I figured I would give the glasses a shot and hope they would help me fall asleep before four a.m. I was pleasantly surprised when I felt more relaxed at an earlier time and was easily able to sleep after wearing the glasses for a day. The glasses work to protect your eyes by reflecting or absorbing the blue light wavelengths. Growing up, I always thought having glasses would look adorable. Now I have the chance to wear them and they were cheap too! I ordered my pair from Amazon, so do not worry about the cost-effectiveness. After

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Saint Basil Academy

711 Fox Chase Road | Jenkintown, Pennsylvania 19046

scrolling through Amazon for a little, I quickly discovered that you could get a pair of glasses for around twenty dollars. When I checked out, I had four pairs of glasses of all different colors totaling eighteen dollars plus shipping. To me, this seemed like a steal and something interesting to try out for myself. I agree with the study that blue light blocking glasses help protect your eyes from the harmful wavelengths and lead to better sleeping habits.

Harvard Health Publishing. "Blue Light Has a Dark Side." *Harvard Health*, May 2012,

www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side.