

# THE IMPORTANCE OF BLUE LIGHT GLASSES

## WHAT IS BLUE LIGHT



Blue light is part of the visible light spectrum. Prolonged exposure to artificial blue light is thought to be harmful. Continued exposure to artificial blue light is thought to damage retinal cells and cause vision problems and eye strain

43% adults have a job that requires them to use a computer most of the time

74% teens use electronic devices at least occasionally

70% adults that regularly use electronic devices report symptoms of digital eye strain



## SYMPTOMS OF BLUE LIGHT SENSITIVITY

- Eye Strain
- Blurry Vision
- Dry Eyes
- Disrupted Sleep Pattern

## WHERE IS BLUE LIGHT FROM?

Artificial blue light is present in all of our favourite electronic devices such as television screens, computer monitors, tablets and smartphones.



Statistics from Columbia University suggest that those who wear blue light filter glasses get an additional 50 minutes of sleep per week.

Children who sleep near their phones lose an average of 20 minutes sleep per night



Blue light statistics show that nearly 100% of blue light rays reach the retina, as compared to less than 1% of UV rays.

## HOW BLUE LIGHT GLASSES CAN HELP

*tiger specs*<sup>®</sup>

- Blue light glasses are specifically designed to block or filter out the blue light ..
- Blue light glasses help minimise the amount of sleep disruption.
- The blue light filter in glasses can help to increase the contrast on your screen, reducing eye strain.
- Wearing blue light glasses can help reduce headaches and migraines.