**EYE STRAIN AND LIGHTING**

**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

**SOURCES**

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

**EYELATE**

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