

# Digital Performance Lenses and the Concern Regarding “Blue Light”

Katie Davis, OD, FCOVD



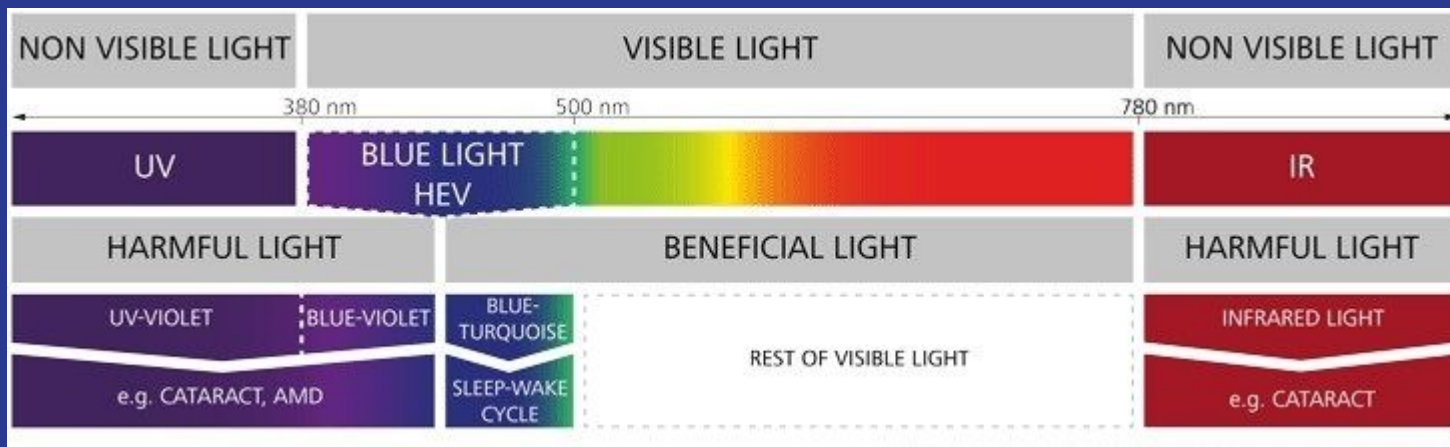
# What is a digital performance lens?

- Not necessarily clarity
- Improved efficiency of visual intake and visual processing
- Maximize performance of the visual system
- Reduce symptoms
- Use filters or special lens materials to block excess high energy blue light



# What's the fuss with blue light?

- High Energy Visible blue light filtering



# What's the fuss with blue light?



**99.5% Blue Light Filter**  
**Lenses that block out junk light.**  
Advanced lenses reinforced with **anti-reflective coatings.**

## How exposure to **blue light** affects your brain and body

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS:**

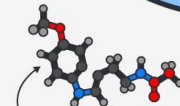
The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN.**



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

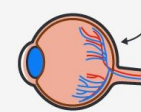


People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION.**



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK.**

There's some evidence that blue light could damage our vision by harming the **RETINA** over time – though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS.**



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS.**



SOURCES: Nature Neuroscience; Harvard Health Publications; ACS; Sleep Med Rev; American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER

# Signs you need a quality Digital Performance Lens

- Itchy, painful or heavy eyes while working on a phone or computer
- Eye strain on phone or computer
- Eye fatigue on phone or computer
- Dry or irritated eyes while working on a phone or computer
- Sleep disturbances
- Headaches

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