How Blue Light Affects Your Health and Well-Being

Target 350 words

Link to our blog when possible; cite any research or studies with links from reputable sources (actual research, not Healthline, Mayo Clinic, etc.)

Repurpose this blog article into a shorter version.

CTA is to learn even more about this by visiting the original blog post.

There's also a YouTube video in the blog article that you can link/reference ("watch Dr. Pompa explain…") https://youtu.be/9JKEqht4HnE

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How Blue Light Affects Your Health and Well-Being

In today's world, we are constantly exposed to artificial light, particularly blue light from devices like smartphones, computers, and TVs.

It's nearly unavoidable - everyone is connected in some way to technology in this day and age, right? More specifically, you're exposed to the light of a screen in some way.

Unlike the full spectrum of natural sunlight, which includes beneficial wavelengths, artificial blue light can have significant negative effects on our health.

Let's take a deeper look!

Impact on Circadian Rhythm

Blue light exposure, especially at night, can disrupt our circadian rhythm, the body's natural sleep-wake cycle. This disruption can lead to chronic insomnia and increase the risk of other health issues such as diabetes, obesity, heart disease, and cancer.

The circadian rhythm is regulated by the pineal gland, which produces melatonin—a hormone that controls sleep. Blue light exposure can reduce or even halt melatonin production, affecting sleep quality.

Effects on Eye Health

Prolonged exposure to blue light can lead to digital eye strain, characterized by sore eyes, headaches, and blurred vision. The high energy emitted by blue light can also penetrate deeper into the eye, potentially damaging the retina and leading to long-term vision problems.

Mitochondrial Health

Blue light can also affect the mitochondria, the energy powerhouses of our cells. Proper mitochondrial function is essential for ATP production, which fuels cellular activities.

Disruptions in mitochondrial function have been linked to numerous diseases, including obesity, type 2 diabetes, Parkinson's, and Alzheimer's.

Mitigating Blue Light Exposure

To minimize the harmful effects of blue light, consider the following tips:

- **Use Blue Light Blocking Glasses:** Wearing amber-colored glasses can filter out blue light, helping to maintain melatonin production and improve sleep quality.

- **Install Screen Filters:** Software like Iris can reduce blue light emission from your computer screens.

- **Choose the Right Lighting**: Opt for warm white lights over cool LED lights for nighttime use. Non-backlit e-books and orange or red reading lamps can also help create a more restful evening environment.

For a more detailed exploration of how blue light affects your health and ways to mitigate its effects, watch Dr. Pompa explain the dark side of blue light.

Learn more about blue light and its impacts on your health by visiting the Pompa Program Blog.