

The Blue Light Blues

With so much screen time in today's world, our eyes are being exposed to an unprecedented amount of high-energy blue light. If you're unfamiliar with blue light, it's the range of light with the highest amount of energy in the visible light spectrum. With its short wavelength, blue light has a higher penetration power—it reaches deeper into the eye.



An office setting typically houses the most forms of blue-light-emitting devices. From computer monitors to smartphones to tablets to overhead LEDs and CFLs, blue light is prevalent in every cubicle! Needless to say, your employees' eyes are probably working overtime. All that can lead to eye strain and fatigue, in sometimes as little as two hours of exposure.¹

Here are five ways to help create a healthy work environment for your employees' eyes:

1. **Use the 20-20-20 Rule.** Every 20 minutes, look at something six meters (20 feet) away for 20 seconds.
2. **Prevent Eye Strain.** Place computer screens 51cm to 66cm away from eyes and a little below eye level.²
3. **Blink!** Employees blink less frequently while working on a computer screen. They can avoid dry eyes by blinking often.
4. **Encourage regular eye exams.** VSP® opticians can help with visual correction and examine the signs of serious health conditions. Employees who can see well produce 20pc more.
5. **Consider blue-light blocking eyewear.** There are available lens options that filter blue light, improve contrast, and reduce glare with or without a prescription.

For more information on blue light, eye strain, and how VSP can help, [click here for a short video.](#)

1. The Vision Council, Eyes Overexposed: The Digital Device Dilemma, 2016
2. <http://www.webmd.boots.com/eye-health/guide/eye-strain>