

The Effects of Blue Light on Sleep



What is 'blue light' and how can it challenge sleep patterns?



- Blue light (or blue wavelengths) stimulates your eyes to send signals to your brain to remain awake. White light and sunlight contain blue light, which is why it's easier to be awake during the daytime.



- Modern light bulbs and many electronic devices, such as laptops and cell phones, produce significant amounts of blue light. This may disrupt your internal clock if exposed to them during the evening.



- When the sunlight fades, melatonin is produced within your body. Melatonin tells your body that it's time to go to sleep. Blue light inhibits the production of melatonin, affecting the amount and the quality of sleep.

Blue light tricks your brain into thinking it's daytime. This can effect both the quality and length of your sleep!



Blue Light Glasses: Do They Work?



- Glasses that have an amber hue are often used to combat the effects of blue light. That's because the tint in the glasses effectively blocks all blue light. Since the blue light is blocked, the brain does not receive the signals to stay awake.



- Using blue light blocking glasses when in a brightly lit room may help your body produce just as much melatonin as if you were in a dark room.



- Improvements in sleep quality, mood, and mental performance in shift workers may be improved by wearing amber-hued glasses when preparing to wind down before bed.



- Limiting artificial and blue light in the bedroom will help you fall asleep more easily. Avoiding screened devices in the bedroom is a good rule-of-thumb to follow.



Sources: healthline.com. Blue Light and Sleep: What's the Connection. https://www.healthline.com/nutrition/block-blue-light-to-sleep-better#_noHeaderPrefixedContent. Accessed 01/12/2022. SleepFoundation.org. The Bedroom Environment. <https://www.sleepfoundation.org/bedroom-environment>. Accessed 01/25/2022.

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