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Debunking Medical Myths: Blue Light Blocking Lenses Prevent Eye Strain

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Blue Light Blocking Lenses

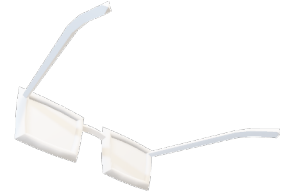
...a **Myth?**
Let's **SPECULATE**



“Blue light blocking lenses prevent eye strain!”

MYTH!

There is a lack of quality and consistent evidence supporting blue light blocking lenses for alleviating eye strain in the general population¹ or even for those with age-related macular disorders²



“Blue light blocking lenses improve sleep quality!”

MYTH!

Once again, there is a lack of quality and consistent evidence supporting blue light blocking lenses for improving sleep quality in the general population¹ or even for those with age-related macular disorders²

...even surgically implanted blue-blocking lenses do not pose a significant impact on sleep quality³



“But they can be good for you, right!?”

MAYBE, DEPENDS ON WHO YOU ARE!

Those with self-reported insomnia did show **MINOR** improvements in sleep quality¹

...and blue light blocking lenses may **POTENTIALLY** improve mood

for elderly populations needing cataract surgery³

References

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