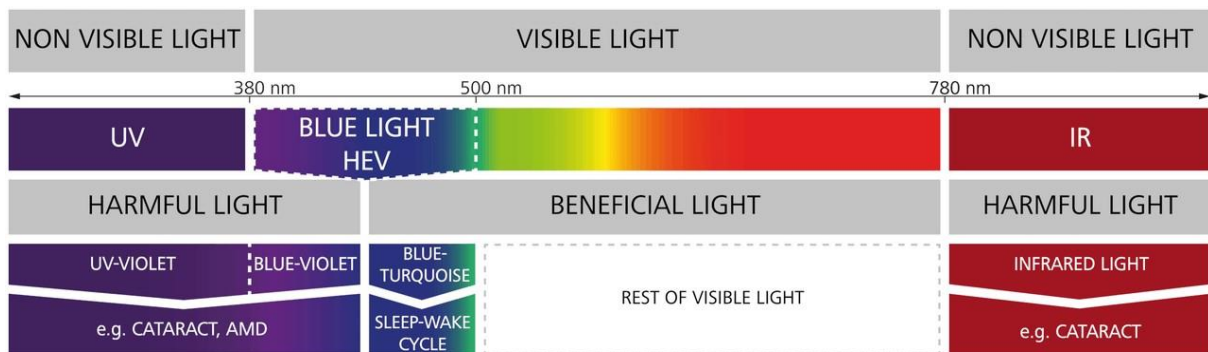


Blue Light and Blue Light Filter

What is blue light?

Blue light is a natural component of sunlight. It is on the shortwave, high-energy end of the visible light spectrum, just before where invisible ultraviolet light begins. We all know that this UV light is damaging to the skin and eyes, which is why we protect ourselves with sunglasses. But blue light between 380 nm and 500 nm is also suspected of accelerating the aging processes of the eye.



HEV - High Energy Visible Light, UV - Ultraviolet Light, IR - Infrared Light ©ZEISS 2017

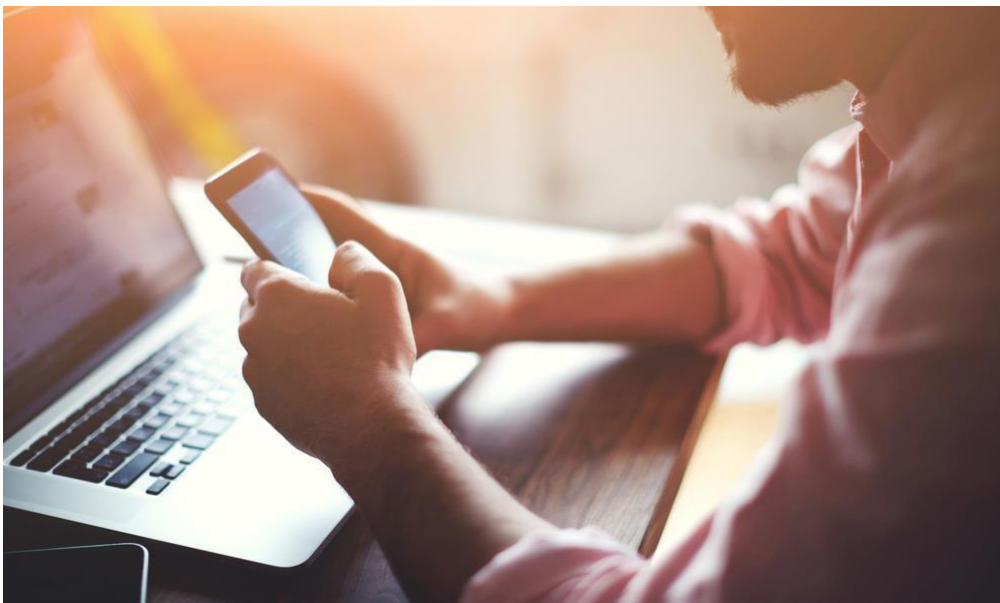
In sunlight, blue light regulates our hormonal balance and wakes us up. But it is also present in artificial sources, including almost all digital screens. That means we look directly at it for hours on end. At this high level of exposure, it can be damaging to our eyes.

Very common symptoms of people who work on digital devices for long periods include tiredness of the eyes and dry and watery eyes. These can be explained in part by the increased exposure to blue light.

What a blue light filter does

The so-called blue light filters eliminate this troublesome blue light up to approx. 450 nm from the light that reaches your eye. It reduces disturbing scattered light and allows the eye to better focus on the text.

Many people who use DuraVision® BlueProtect experience a clear alleviation of tension in their vision.



When is DuraVision® BlueProtect worth it?

- If you spend several hours a day on digital devices.
- If your eyes feel strained when or after working on a screen.
- If you want to enjoy relaxed and improved vision at digital screens.

Whether distance glasses, varifocals or office glasses, DuraVision® BlueProtect can be used on the glasses of your choice.

S C H E E R E R