Health problems related to blue light glasses

ENGL 21007 research

William Takahashi



**Table of Contents**

Abstract………………………………………………………………………………………….. 3

Introduction……………………………………………………………………………………… 3

Methods…………………………………………………………………………………………..3

Materials…………………………………………………………………………………………..3

Charts…………………………………………………………………………………………..3

**Abstract**

Blue light is the collection of high-energy, visible light that neighbors ultraviolet — which we commonly block using sunglasses. Gadgets

can emit more blue light than any other part of the spectrum, and blue-light glasses companies say it can help relieve eye strain, headaches and blurry vision.

**Introduction**

Blue-screen or blue-light glasses can limit exposure to blue light. Additionally, blue light blocking glasses also include non-glare glasses. Blue light is found in cell phones, ipads, PCs lamps and even regular sunshine. Blue Light wavelength has been shown to potentially damage people’s eyes when exposed to it for longBluelight glasses can reduce the potential for eye damage and may improve symptoms of straining eyes. We are doing research to find out about this hypothesis.

**Materials**

* Blue light glasses
* Gaggets
* Documentations
* Timer/recorder
* Datasheet

**Procedures**

Find some volunteers and put them into groups. We will give them different gadgets to spend time with, then ask each group to write down their experiences. We measure their times spent on devices and the time they feel headaches, also frequencies of headaches at a certain period of times. Then we make a chart to compare datas.

**Results**

*\*First Week without blue light glasses\**

|  |  |  |
| --- | --- | --- |
| Hours spent on the device | Group 1 | Group 2 |
| 1-2 |  |  |
| 3-4 |  |  |
| 5-6 |  |  |
| 7-8 |  |  |
| 9-10 |  |  |

*\*Second Week (Group 1 will receive blue light glasses and Group 2 will not receive blue light glasses)\**

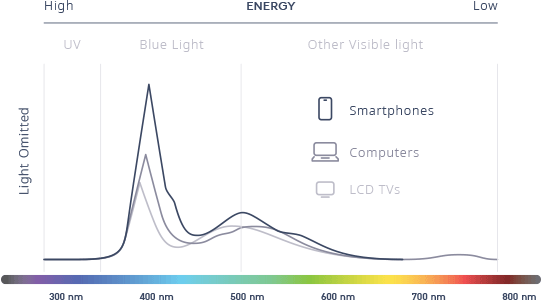
|  |  |  |
| --- | --- | --- |
| Hours spent on the device | Group 1 | Group 2 |
| 1-2 |  |  |
| 3-4 |  |  |
| 5-6 |  |  |
| 7-8 |  |  |
| 9-10 |  |  |

|  |
| --- |
| Legend: Headache = **H** , migraine = **M ,** Eye Strain = **E** |

Wait to discuss with our groups

**Discussion**

We are supposed to find out the time spent on devices and its effect due to blue light usages.



**Conclusion**

To be decided

References

Teddy Amendaba,Washington Post https://www.washingtonpost.com/lifestyle/wellness/blue-light-glasses-wont-save-you-from-digital-eyestrain/2020/03/04/eecbe98e-5356-11ea-b119-4faabac6674f\_story.html

For Eyes coop, benefit of blue light glasseshttps://www.foreyes.com/blog/top-3-benefits-of-blue-screen-blue-light-glasses/

Audience Profile Sheet

|  |  |
| --- | --- |
| Reader's Name: |  |
| Hospital Administration | |
| Reader's Job Title: |  |
| Bellevue Hospital CEO | |
| Kind of Reader: | Primary\_X\_\_\_\_\_ Secondary\_\_\_\_\_\_ |
|  | |
| Reader’s Level of Education: Medical Doctor |  |
|  | |
| Reader’s Professional Experience:  More than 10 years |  |
|  | |
| Reader’s Job Responsibilities:  Managing the hospital |  |
|  | |
| Reader’s Personal Characteristics: | N/A |
|  | |
| Reader’s Cultural Background: | N/A |
|  | |
| Reader’s Attitude Toward the Writer (you): | N/A |
|  | |
| Reader’s Attitude Toward the Position you’re applying to: | The reader is interested in saving money and this Lab Report provides ways for it |
|  | |
| Reader’s Expectations for an employee in that position: N/A |  |
|  | |
| Reader’s Expectations about the Résumé and Job Letter (as documents):N/A |  |
|  | |
| Reader’s Way of Reading the Document: | Skim it \_\_\_\_\_ Study it \_\_\_X\_\_  Read a portion of it \_\_\_ Which portion?  Modify it and submit it to another reader\_\_\_\_ |
|  | |
| Reader’s Reading Skill: | Advanced |
|  | |
| Reader's Physical Environment: |  |
| Office building | |

Adapted from Markel (7th Ed.), p. 88

Reflection Paper

We are discuss the effect of blue light glasses that could possibly reduce the negative effect of blue lights when using devices for so long. Our audiences are students, elderly, or regular library scholars.