

# Harmful Effects of Optical Module Light on the Eyes



## Overview

Personal digital devices, emitting high-energy light, namely in the blue wavelength, have raised concerns about possible harmful effects on users' eyes. Scientific research history has shown a relationship between exposure to blue light and changes in ocular structures. This summary of the scientific Opinion on 'Potential risks to human health of Light Emitting Diodes (LEDs)' by the Scientific Committee on Health, Environmental and Emerging Risks (SCHEER) covers some of the Opinion's key points and goes more in depth than the one-page factsheet on the same topic. When you see a rainbow, you are seeing the visual light spectrum. These are colors visible to the human eye and include red, blue, and green "wavelengths." All light we see is a combination of these wavelengths, including light from the sun, energy-efficient lighting (like LED lamps), and computer. Too much blue light, especially from digital sources, may lead to eye strain and computer vision syndrome. We've all been exposed to blue light at one point or another. We get most of it from the sun. But as we've grown comfortable with technology in the digital age, our exposure to blue light has. The Eye-Sun Protection Factor (E-SPF) is a new international objective rating index that specifies the overall UV protection provided by a lens. Overall, the higher the E-SPF, the greater the UV. The eye is our most important and most sensitive organ, in both sensory and physical terms.

## Article Content

### Can Visible Light Be Harmful to Your Health?

Children and adolescents are particularly susceptible to these effects due to their still-developing eyes and sleep patterns. Protecting Yourself from Harmful Visible Light  
Mitigating the

### Digital Devices and Your Eyes

Blue light from computers will not lead to eye disease. It is true that overexposure to blue light and UV light rays from the sun can raise the risk of eye disease, but the small amount of blue

### What is Blue Light from Digital Devices? Is it harmful for

What is Blue Light? Blue light, also known as high-energy visible (HEV) light, is a color in the visible light spectrum that can be seen by human eyes. These

### Bright Light & Eye Damage: Prevention & Protection

Overall, the effects of bright lights on the eyes highlight the importance of protective measures, such as using blue light filters, wearing UV-protection

### Ultra-violet and Blue Light Worsen Macular

Protection from harmful UV and blue light is an important part of a macular degeneration risk reduction plan. Learn how to protect your eyes.

### 7. Are there potential health risks linked to artificial lights ...

Eye conditions: a. epidemiologic studies of artificial light exposure and ocular pathologies (including AMD); and b. retinal effects of chronic exposure to artificial light for visibility purposes (animal studies).

### LED lights damage eyes and disturb sleep, European

A French health authority warned of the dangers of blue light, stating this wavelength can damage the eye's retina while also disturbing our biological

### Blue Light Exposure: Ocular Hazards and Prevention—A ...

Exposure to blue light raises questions about its potential deleterious effects on eye health. There is no evidence that light emitting diode (LED) light sources in normal use at domestic

### Light and Eye Damage

While there is little risk to operator or patient when the procedure is done correctly, high intensity blue light can reflect off dental structures and instruments, and the light can be inadvertently directed to

## Understanding the Impact of Blue Light on Your Eyes

Blue light glasses can protect our eyes from our devices' blue light radiation. Learn the effects of blue light exposure and protect your eyes with blue

## The Harmful Effects of Blue Light: Protect Your Eyes

Too much blue light from screens can cause digital eye strain. Learn how wearing computer glasses with blue light-blocking lenses can filter out

## The Science Behind Blue Light and Its Effects on Your Eyes

The sun is the biggest source of blue light. Popular electronics are another source. Learn more about blue light and how it works.

## Are LED lights safe for human health?

While the scientific evidence does not show any increased risk to the eyes, there may be other effects, like disrupting normal sleep and wake patterns, which might

(PDF) Evidence on the effects of digital blue light on the

The central theme identified across mapped studies regarding the effects of digital blue light was its role in resultant visual discomfort.

## Blue Light and Eye Damage: A Review on the Impact of

Personal digital devices, emitting high-energy light, namely in the blue wavelength, have raised concerns about possible harmful effects on users' eyes.

## Blue Light Exposure: Ocular Hazards and Prevention—A Narrative

Abstract Introduction Exposure to blue light has seriously increased in our environment since the arrival of light emitting diodes (LEDs) and, in recent years, the proliferation of digital devices rich in blue

## Can a Flashlight Harm Your Eyes?

What are the effects of shining a very bright flashlight in the eyes during darkness? What lumens can cause eye damage when shined into the eye?

## Effects of Led Light Screens on School Children Eyes

Screens are generally made with LED lights, with a peak of emission in the area of visible spectrum corresponding to blue light. Given the high amount of blue light

## Blue Light Exposure Effects That Could Be Bad for Your

Blue light from screens can cause tired eyes and trouble sleeping. To protect your eyes, use blue light filters and take breaks from screens. Blue light

## The Digital Distress of Blue Light and Its Effect on Your

Current research suggests long-term exposure to artificial blue light from phones, tablets, computers and LED lights may harm your eyes and vision.

How blue light affects our eyes

What you need to know about blue light, its necessity for our normal vision, any potential eye damage it can cause and its positive effects.

Should You Be Worried About Blue Light?

Too much exposure to ultraviolet light from the sun increases the risks of eye diseases, including cataracts, growths on the eye and cancer. We know less about blue light. Its effects are still

Exposing the Unseen Hazards: Exploring the Thermal

While ultraviolet (UV) light garners much of the spotlight for its harmful effects, IR light lurks in the shadows, quietly exerting its influence on our

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