



Why Should You Make the Switch to Blue Cut Glasses?

Have you ever heard that blue light from your phone, computer, and tablet causes damage to your eyes? It can cause you to have less energy and sleep worse at night.

Blue light is one of the most overlooked problems that almost everyone has. Most of us sit all day in front of a computer and then head home to watch TV. If this sounds like you, then you certainly need to learn how to protect your eyes from blue light. Blue light is often overlooked, which means a lot of people are spending 8 hours or more per day staring at digital devices (smartphones, computers, televisions) but aren't taking the necessary steps to protect their eyes.

Why do we need blue-cut glasses?

[Blue cut lenses](#) provide protection from harmful light rays that can damage our eyes. They also reduce eye strain, which is especially useful for anyone who works with computers or spends a lot of time on their phone or other mobile devices.

Blue light is emitted from digital devices such as computers, tablets, smartphones, and LED TVs. It is also emitted from fluorescent and compact fluorescent lights. Long hours spent in front of a computer or staring at a smartphone screen can cause eye strain and fatigue.

Excessive exposure to blue light can even lead to permanent eye damage. At most times, we are exposed to blue light rays through a combination of these sources.

Blue light can cause eye strain, headaches, blurred vision, dry eyes, and difficulty sleeping. Blue light can also reach deeper into our eyes than other types of light rays. This exposure can lead to macular degeneration, an age-related condition that causes vision loss.

Blue Cut Glasses improve sleep

Did you know that [blue light filtering glasses](#) could help improve your sleep? A lack of sleep can be caused by blue light exposure at night which can mess with your circadian rhythm (your body's internal clock). Blue light can actually stop the production of melatonin, a hormone that is produced in your body that helps regulate your sleep cycle. Melatonin is only released when there is no stimulus from other sources of light such as LED lights or sunlight (which also emits blue wavelength light). Wearing blue-light-blocking glasses prevents this by filtering out all the harmful blue light that comes from computers, tablets, and other screens and is emitted by indoor lighting.

Blue Cut Glasses Prevent Eye Strain & Headaches

If you spend a lot of time looking at screens, you probably have to deal with eye strain. You know how it goes — dry eyes, pain in your eyeballs, blurry vision, and headaches. Eye strain

is caused by the overstimulation of light-sensitive cells in the eyes, which can lead to headaches and other symptoms. Blue light exposure is especially harmful because it stimulates these cells more than other wavelengths of light. Blue-cut lenses decrease the amount of blue light entering the eyes and minimize eye strain.

[Blue cut glasses](#) are essential for people who spend a lot of time on screens or under bright lights because they give them an extra layer of protection against harmful UV rays while still looking stylish!

Intellilens offers a wide variety of stylish and affordable blue-cut glasses to keep your eyes strain-free.