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Is There Evidence that Blue Light Blocking Glasses Provide Health Benefit? A Systematic Review

Many people are purchasing non-prescription blue blocking glasses (BBGs) or are adding a blue light filter to their prescription lenses to block the high-energy blue light emitted from digital devices. Some are concerned that blue light can have negative health impacts including the disruption of sleep. Similarly, many believe BBGs will help reduce conditions like eyestrain, headaches, and insomnia, but has this been proven? Researchers and ophthalmologists debate the effectiveness of BBG use on optic health. This systematic review of literature aims to determine if BBGs have proven health benefits, and to offer a practice guideline for healthcare providers. Articles were gathered from PubMed and MEDLINE, including articles discussing the effects of BBG on common diagnoses, such as depression, anxiety, insomnia, eyestrain, and headaches. These findings will benefit practitioners and patients by finding the truth about BBGs so that appropriate decisions can be made regarding treatment and/or prevention.