

# THE BENEFITS AND DANGERS OF BLUE LIGHT FOR YOUR EYES

You probably know about the dangers of ultraviolet (UV) light, but do you know about blue light?

01

## WHERE DOES BLUE LIGHT COME FROM?

Blue light is ever-present in your environment, both outdoors and indoors:

- Naturally produced **by the sun, whatever the season**
- Used in **fluorescent light bulbs**
- Emitted **by LEDs present in computer screens, tablets, smartphones, etc.**

02

## WHAT IS BLUE LIGHT?

Blue light is part of visible light and close to UV on the light spectrum.



### Blue-Violet, "harmful light"

- close to UV
- penetrates deep into the eye
- **dangerous**

#### How can Blue-Violet light harm you?

Harmful Blue-Violet light damages the retina, the part of your eye where images are formed. Long-term damage can lead to serious eye conditions, including **Age-related Macular Degeneration (AMD)**, the leading cause of visual impairment in the Western world.

### Blue-Turquoise, "essential light"

- less energetic
- contributes to well-being
- **beneficial**

#### Why do you need Blue-Turquoise light?

Like all visible light, Blue-Turquoise helps you perceive colours and shapes. Blue-Turquoise light is also a **natural form of light therapy** that is essential for your body. It helps regulate your everyday sleep cycle, keeping you energised and alert. Furthermore, it triggers your pupillary reflex, one of the eye's natural safety devices. This means exactly the right amount of light enters your eye.

**GET THE BEST FROM BLUE LIGHT. ESSILOR'S CRIZAL® PREVENCIA™ CLEAR LENSES USE AN EXCLUSIVE TECHNOLOGY TO SELECTIVELY FILTER LIGHT. UV RAYS AND HARMFUL BLUE-VIOLET LIGHT ARE VIRTUALLY ELIMINATED. ESSENTIAL BLUE-TURQUOISE LIGHT PASSES THROUGH. THE LENS IS CLEAR AND CAN BE WORN FOR VISUAL CORRECTION. ASK YOUR EYE CARE PROFESSIONAL FOR MORE DETAILS.**

