

# Dark Side of Computers, Smart Phones and Tablets: Blue Light Causes Cancer, Ruins Your Eyes and Makes You Toss and Turn at Night

By [Washington's Blog](#)

Theme: [Science and Medicine](#)

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*I use a computer and smart phone for more than 10 hours a day.*

*So I wasn't happy to learn that recent scientific studies show the blue light emitted by our computers, tablets and smart phones can cause cancer, ruin your eyes, and cause insomnia.*

Device makers use screens that pump out a *lot* of blue light. Not for any evil purpose ... but just because it's cheap to make bright LEDs lights which pump out crazy amounts of blue light frequencies (light with a wavelength of between 450 and 495 nanometers).

## Cancer

A new study by Spanish, British and Canadian scientists published Monday in the journal [Environmental Health Perspectives](#) found that blue light is linked to prostate and breast cancer.

The study found that other bright light – such as red or green LEDs – are [not linked](#) with cancer.

## Blindness

Numerous studies show that the blue light from our devices can lead to [serious eye problems](#).

For example, blue light is linked with macular degeneration ... the main cause of blindness among older Americans.

## Insomnia

It's well-known that exposure to blue light at night can [lead to insomnia](#).

## What You Can Do to Protect Yourself

There are numerous blue light filters which you can put on your computer, tablet or phone. For example, [Amazon](#) carries hundreds of them.

For example, I have a clear plastic filter that covers my work computer monitor.

And I just bought a replacement glass cover for my daughter's iPhone that is a blue light

filter.

On my laptop, I applied a clear stick-on film which is a blue light filter.

Finally, I've set all of the hand-held devices in my house to "night mode", so that they shift away from blue light (and towards a more reddish hue) at night. Here's how to do it for your [Windows-based device](#), [iPhone](#) or [Android](#).

In part 2, we will discuss the thousands of scientific studies on the *benefits* (believe it or not) of certain *red light* therapies. This is the flip side of the blue light problem: a way to *improve* your health ...

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