

THE COACH'S PLAN

The Honest Blue-Light Glasses Plan

For anyone who bought, or is about to buy, glasses to fight screen fatigue.

17

Trials reviewed

Cochrane pooled 17 randomised trials, 6 countries

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Clear eye-strain benefit

No advantage over ordinary lenses was found

20

The free fix

The 20-20-20 rule targets the real cause

Blue light glasses are sold to cut eye strain, protect your eyes and help you sleep. A 2023 Cochrane review of 17 trials found they probably do none of that better than clear lenses. Screen fatigue comes from how you use the screen, not the light.

What the evidence actually says

1

A 2023 Cochrane review pooled 17 randomised trials from six countries.

2

On eye strain, there may be no difference versus ordinary lenses.

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On sleep, six trials split three to three, with no clear benefit.

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The AAO says blue light from screens is not damaging your eyes.

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Blinking drops from about 15 to 5-7 times a minute on screens.

Your 3-step plan

1 Step 1: Skip the upgrade, keep your money

On the current best evidence, blue-light filtering lenses do not reduce eye strain or reliably improve sleep more than clear lenses. If you like how a pair looks, fine, but do not pay a premium for a medical benefit the trials did not find.

2 Step 2: Fix your blinking and your distance

Run the 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds. Blink on purpose, keep the screen about an arm's length away and slightly below eye level, and cut glare. That targets the actual cause of screen fatigue.

3 Step 3: For sleep, change the timing, not the lens

If screens hurt your sleep, the reliable lever is dimming devices and putting them down before bed, not a lens. If eye strain is constant or your vision changes, see an eye doctor, because a dilated exam catches what a filter cannot.

The safety line

Digital eye strain is uncomfortable but does not cause lasting damage. If eye strain is persistent or your vision changes, see an eye care professional. This guide is educational and is not medical advice.

Read the full article: <https://www.agelesscoach.com/articles/blue-light-glasses-dont-do-what-you-paid-for>

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