

# Glow of the Light

## Blue light effects sleep

**Kenneth Barrett**  
Reporter

Imagine this situation, you are on your bed and looking at your phone. You can be doing anything just imagine you on your phone. And you seem to not be able to fall asleep, then you start to wonder why you get such little sleep, and this thing pops up again and again. The “blue-light effect” catches your eye and you look deeper.

“It affects students sleep including quality of sleep, which causes less sleep and makes you less productive the next day,” said Anita Brodecky, Lamar High School nurse.

The blue LED's that light up phones affect circadian rhythms, causes high awareness, and keeps the human brain active when it needs rest. Also keeping people awake much more than they really should be. There's a function on most phones called “night light” or “night mode.” These functions eliminate blue light to make sure phone users sleep and avoid all other downsides.

A study at the University of Harvard showed that extensive blue-light exposure during night suppress the secretion of melatonin which effects circadian rhythms and also leads to increased chances of cancer. Lessened sleep by these effects have been shown to also lead to depression, diabetes, and cardiovascular problems.

Even low light levels of eight lux can cause these effects. To put that in perspective, the average table lamp illuminates over double that. To help with this pepole will need a very dim red light.

Now the problem is how do you avoid blue light to get the best sleep?

“Moderation is needed, be sure to turn things off up to an hour before bed,” Mrs. Brodecky said.

Studies from Harvard also suggested that to get the best sleep people should get a dim red light, avoid looking at screens 1-3 hours before bed, and if you do night shifts, get blue-light filtering glasses and expose yourself to lots of light during the day.

Hormone that regulates sleep and “wakefulness”

Problems relating to the heart and blood vessels

The standard unit of illuminance or illumination

Light-Emitting Diode, also known as a really really small light that emits red, green, or blue

Essentially your internal clock

### Fast Fact

Blue light is the light on the spectrum that can be found just about anywhere. Blue light is found from sunlight, from the lights in the school, and most commonly in any screen. Blue light can still be good for you during the day due to it being produced by the sun so it keeps you awake throughout the day.

*Do you have any restrictions with phone use before bed?*



No I don't have anything like that.

**Jamilet Cruz,**  
freshman



I don't have restrictions, but I do have a blue light filter.

**Alex Truitt,**  
sophomore



I don't use my phone when I try to fall asleep.

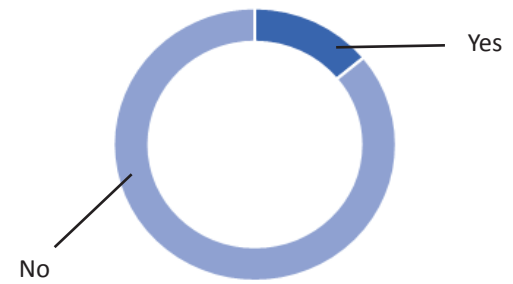
**Natalia Orosco,**  
junior



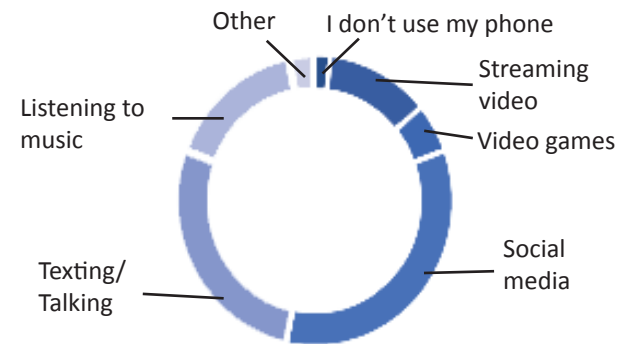
Photo Illustration by Kenneth Barrett

# Tech Talk

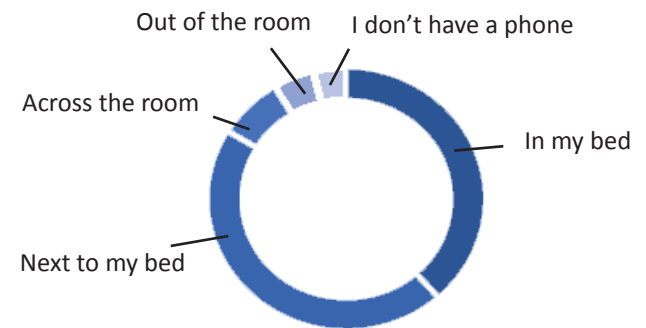
Do you have trouble sleeping at night?



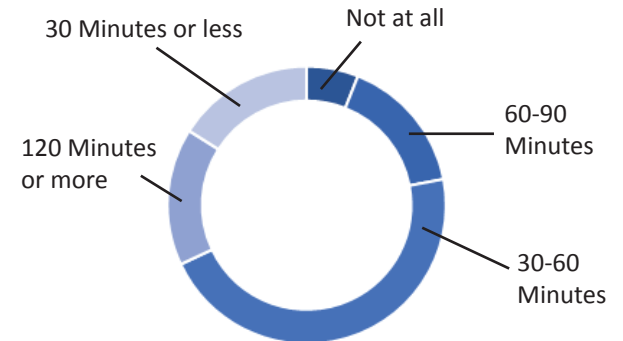
Typically what are you doing most on your phone before bed?



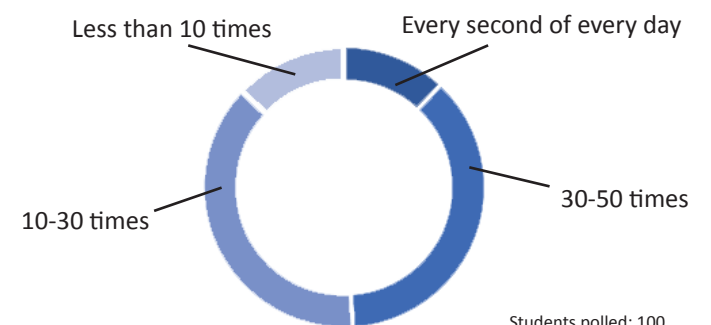
Where is your phone when you sleep?



How long are you on your phone before bed?



How many times do you check your phone per day?



Students polled: 100



No restrictions on electronics before bed.  
**Jacob Anderson, senior**



I do not.  
**Mr. Adamson, Teacher**