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## 8 Of The Best Blue Light Glasses For 2020

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Between working from home, checking your phone and watching TV, the amount of screen time you're logging has likely gone up in recent months. And with blue light most notably emitted from those same screens, your level of blue light exposure has likely increased as well.

WARBY PARKER

But what's so wrong with blue light? For one thing, it contributes to eye strain, and can also increase the risk of macular degeneration as well as other vision complications. It can also affect your sleep by disrupting your circadian rhythm. And while we're all exposed to the blue light that comes from the sun (it's the blue wavelengths in sunlight), which actually boosts attention and mood during the day, it's our exposure to blue light outside of daylight hours that can affect us in less desirable ways. Which is where blue light glasses come in. Blue light blocking glasses have special lenses that are thought to block or filter out blue light given off from screens, arguably mitigating any potential negative effects. And while even the best blue light glasses have their use, experts stress that they aren't a magical tool that will solve all your eye problems.

screen because they don't blink enough, says Sunir J. Garg, M.D., a professor of ophthalmology at the Retina Service of Wills Eye Hospital. "Every 20 minutes, take a 20-second break and look into the distance," he says. "That will lubricate your eyes more and help with symptoms."

There isn't a lot of research to support the use of blue light glasses, says Phillip Yuhas,

Many people develop eye issues like dry eye and eye strain when they're in front of a

O.D., Ph.D., assistant professor in the College of Optometry at The Ohio State University Wexner Medical Center, but this is a newer type of glasses. "Some patients do find that some blue light blocking glasses improve subjective comfort while viewing a screen," Yuhas says.

Blue light glasses may also help you get a better night's sleep, says Garg. "For some

folks, exposing themselves to intense blue light at nighttime can screw up their internal clock," he says. "That can mess up certain people's sleep-wake cycles. There may be some advantage to people using blue light glasses at night if they're having trouble sleeping."

Ultimately, investing in a pair of blue light glasses probably couldn't hurt. But it's a

good idea to talk to your eye doctor about other reasons for your eye issues if you're having uncomfortable symptoms, says Vivian Shibayama, O.D., an optometrist with

Interested in trying them out for yourself? Here are some of the best blue light glasses to check out now.

Light Blocking 55mm Sunglasses

Best Range of Blue Light Glasses: Warby Parker

• Best Clear Blue Light Glasses: Fifth & Ninth Chandler 46mm Blue Light Filtering Glasses

• Best Funky Blue Light Glasses: The Book Club Blue Light Harlot's Bed

• Best Retro Blue Light Glasses: Ray-Ban Standard New Wayfarer Blue

- Best Budget Blue Light Glasses: Zenni
   Best Durable Blue Light Glasses: EyeBuyDirect
- Best Aviator Blue Light Glasses: Zenottic Blue Light Blocking Aviator Glasses

Reading Glasses

Best Clear Blue Light Glasses
Fifth & Ninth Chandler 46mm Blue Light Filtering Glasses



Fifth & Ninth Chandler 46mm Blue Light Filtering Glasses

\$35

BUY FROM NORDSTROM

These glasses are outfitted with lenses that filter out blue light, so you can use them even if you don't wear prescription glasses. The on-trend hand-polished clear polycarbonate frames also look really cool, and help minimize eye strain from electronic devices and computer screens.