Protect your vision and keep your eyes safe from blue light

In today's digital age, we're constantly surrounded by screens emitting blue light. From computers and smartphones to LED lights and televisions, blue light is everywhere. While it keeps us connected and entertained, it can also strain our eyes and disrupt our sleep. Learn how you can enjoy your screen time while keeping your eyes healthy and your sleep sound.

Why is blue light important?

Blue light is a low wavelength, high-energy light and plays a crucial role in our daily lives. But too much exposure can cause vision issues, including computer vision syndrome or digital eye strain. Symptoms can include:[1]

- Eyestrain
- Headaches
- Blurred vision
- Dry eyes
- Neck and shoulder pain

Blue light and sleep

Blue light exposure, especially at night, can disrupt your sleep patterns, duration and quality.[2] Blue light activates specific cells in your eyes that decrease melatonin production and increase alertness. When melatonin is suppressed at the wrong time, it can interfere with getting a good night's sleep.[3]

For example, staring at screens right before bed can make you feel less sleepy, take you longer to fall asleep and hurt the quality of your sleep.

The average American worker spends

7 hours

a day on the computer either at the office or working from home.[1]

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Here's how you can protect your eyes[1]

Practice the 20-20-20 rule. After looking at a screen for 20 minutes, take 20 seconds to look at something 20 feet away. This gives your eyes a chance to refocus.

Take breaks. After 2 hours of continuous screen use, step away and rest your eyes for 15 minutes. This could mean taking a walk outside, making a phone call or talking with a co-worker. Anything to help your eyes not have to focus on anything up close.

Save on blue light protection at myuhcvision.com

UnitedHealthcare Vision members have access to exclusive discounts for ZAGG blue light screen protectors and Eyesafe® blue light glasses that can help reduce the amount of blue light your eyes are getting from your digital devices and help keep your eyes healthy.

Blue light screen protectors

Save 30% on screen protectors with blue light filtration for select digital devices, as well as add-ons, such as cases and power.

Blue light glasses

Save $25 on glasses and readers to protect your eyes and sleep.

Eyesafe blue light technology offers:

2x

more protection compared to a leading lens coating[4] and provides a

96%

melatonin boost[5]

Learn more

Visit myuhcvision.com to discover more about blue light and health and wellness

United Healthcare

[1] American Optometric Association. Computer vision syndrome. https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y. Accessed March 2025.

[2] National Library of Medicine. The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review. https://pmc.ncbi.nlm.nih.gov/articles/PMC9424753/. Accessed March 2025.

[3] Sleep Foundation. How electronics affect sleep. https://www.sleepfoundation.org/how-sleep-works/how-electronics-affect-sleep. Accessed March 2025.

[4] Based on Eyesafe internal testing.

[5] BluTech Wearer Study of over 2,000 patients, 2023.