

# Glasses with Blue Light Protection Lenses

Blue light glasses are intended to help people see clearly throughout the day and to prevent future damage to the eyes from long exposure to ultraviolet A and B rays.

## *Blue Light Glasses*

Images by Allison McKenna



These glasses are not your typical glasses, rather they are blue light glasses. They are flexible, durable, and easily replaceable due to the excessive usage. Blue light glasses protect my eyes from damaging blue ray and ultraviolet A and B light emitted from technology screens. These glasses became a part of my life on April 9<sup>th</sup>, 2020, immediately following the shut-down of the University of Denver. On that day, they became

essential for daily use because of my excessive time spent online for school and work due to the widespread COVID-19 stay-at-home order. These glasses have protected my eyes, prevented headaches, eye fatigue, and have also improved my sleeping habits. They have been, and will continue to be, with me at all times, even after times of COVID-19.