Technology’s harmful by-product: blue light.

Blue light occurs naturally, but until now, we have seldom thought twice about it. That’s because we now spend our waking hours gazing into computer monitors, laptops, tablets, smart phones and LED TVs that all emit artificial blue light — as do the energy-efficient, compact fluorescent (CFL) bulbs that light our rooms.

We are subjected to ever-increasing amounts of blue light and the consequences are beginning to show. Blue light suppresses melatonin production, which in turn disrupts our natural sleep cycle and keeps us up at night. We’re also suffering from digital eye-strain, headaches and blurred vision. Most worrying of all, exposure to blue light can lead to macular cellular damage.

Who is at risk?

Virtually everyone who uses a digital device or watches television is susceptible to the harmful effects of blue light. That includes millennials and gamers who grew up with technology, as well as kids and adults who use smart phones and computers. Seniors and post-cataract patients are especially at risk of vision damage due to the removal of protective ocular lens pigment with the cataract.

Because the lens of the eye does not develop natural protection against blue light until age 40, young adults and children are at higher risk for developing sleep disorders, behavioral problems (including ADHD), obesity and vision loss due to overexposure. The good news is that excellent, affordable protection is here to help: BluTech Lenses.

BluTech CLASSIC features Blue Light Plus™ offering the most complete near-clear protection available against blue light. Best of all, BluTech lenses provide this broad-spectrum blue light protection without altering color.

**Benefits at a glance**

- Relief from digital eyestrain
- Filters light without distorting color
- May improve sleep quality

**Superior protection across the spectrum**

- **GLARE & DIGITAL EYESTRAIN**: 400-420 nm
- **MACULAR CELLULAR DAMAGE**: 420-440 nm
- **SLEEP/WAKE CYCLE DISRUPTION**: 459-484 nm

BluTech Wearer Survey

- **98.2%** Noticed “Significant sleep improvement”
- **99.1%** Eyes “More relaxed indoors”
- **65.1%** “Significant reduction in headaches/migraines”
- **93.8%** Absolute “Yes” to wear as everyday pair of glasses

The real wavelength impact

- **400 nm**
  - Glare and Digital Eye Strain
  - Macular Cellular Damage
  - Sleep/Wake Cycle Disturbance

Proven protection against blue light.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**Build your blue-light practice**

Integrating BluTech into every aspect of your practice has never been easier.

BluTech is available in a 1.56 index indoor and polarized outdoor lens, in Plano, single vision, flat-top 28, and your favorite progressive designs. It’s also AR compatible and VSP & EyeMed approved.

For more information, call 800-258-5902 or email us at info@BluTechLenses.com.