

Effects of High Energy Visible Light on the Human Body

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Abstract: *Due to the short high-energy visible light wavelength, it is more scattered and less focused. When you are looking at a computer or laptop screen, blue light reduces the contrast and makes your eyes buckle down. After some time, you are bound to feel digital eye strain accompanied by headaches or neck and shoulder pain. One of the effects of blue light is a higher risk of macular degeneration. The blue light goes deep into your eyes and reaches for the macula that makes up your central vision. According to some experts, it may also destroy the tiny light-sensing cells on your retina. This situation could lead to macular degeneration - one of the leading causes of vision loss..*

Keywords: *light wavelength.*