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# TACOMA EYE NEWS

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## The case for computer glasses

For most of human history, the only source of blue light on Earth was the sun. Our bodies react to it. We feel more attentive, react faster, remember things better, and feel better overall during the day. When



the sun goes down, it signals our bodies that it's time to sleep. Biologically, we aren't used to the concept of artificial light, which can be a problem when there's so much of it around us.

**OUR SPRING SALE:**  
When you buy one complete set of glasses (frames & lenses) with our #featureddesigners, you get a second complete set for 50% off!!

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When we use our phones or computers right before bed, we're beaming subconscious signals to our brains that it's not time to sleep yet, no matter how late it is. Our brains respond by suppressing the release of melatonin, an important neurotransmitter that helps us sleep. The result is that **it takes us longer to fall asleep than it would otherwise** and lowers our overall quality of sleep, which feeds into all the negative health effects of sleep deprivation.

**A great way to avoid these sleep issues is to simply put our devices away one hour before we go to sleep**

A great way to avoid all these sleep issues is to simply put our devices away one hour before we go to sleep. In cases where that isn't possible, **use blue light glasses!**



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EYE**