

Forum:[Hack Forums](#)

Thread: [\[EYE PROTECTION\] Save Your Eyes While Computing](#)

cyberducky - March 4, 2014, 7:55 pm

So ever since I was 10 years old I have had my eyes peering into a bright computer monitor. I have developed insomnia and have to take melatonin every night before I got to sleep. I recently found out that if you have your brightness set all the way up, and keep it like that all day and night, it can damage your vision and cause insomnia. I have had to get glasses recently as well because I could not see the board at school anymore. My eyes were becoming completely shot out from my screen. I noticed today as well that I squint while browsing HF and that my eyes get red spots from eye strain. I had to research ways to fix this sort of thing. Everyone said to buy these expensive special Gunnar glasses, but I am not in the financial position to buy them. I found a software called flux. Right after I installed it and my screen changed my eyes instantly felt better. It was the weirdest thing! I stopped squinting, it became easier to fall asleep, and impressed me because it was automatic. Flux automatically edited my screen setting based on the time, and where I live. So for everyone who struggles with this and can't afford those expensive glasses, try flux. It actually worked for me.

UNDERWIRE - March 4, 2014, 8:46 pm

I'll vouch f.lux is great software and everyone should have it. You probably should have posted a link to it though.

<http://justgetflux.com/>

You can't always blame computer monitors for your bad vision though, sometimes it's just genetics.

Nachfolger - March 4, 2014, 8:49 pm

Or, you can't just hit the brightness down arrow? I never keep any of my electronic devices at full brightness.

Sasaki Haise - March 4, 2014, 8:50 pm

(Mar 4, 2014 09:49 PM)Unviewed™ Wrote: [\[CITE\]](#) Or, you can't just hit the brightness down arrow? I never keep any of my electronic devices at full brightness.

I just downloaded flux and I already have my brightness all the way down. There is a MAJOR difference. My screen is kinda orange yellowish lol.

recf - March 5, 2014, 1:28 am

(Mar 4, 2014 09:46 PM)UNDERWIRE Wrote: [\[CITE\]](#) I'll vouch f.lux is great software and everyone should have it. You probably should have posted a link to it though.

<http://justgetflux.com/>

You can't always blame computer monitors for your bad vision though, sometimes it's just genetics. Yes flux is like one of those things that you are skeptical about, but after you use it for a while, you can't not use it anymore.

ByteNull - March 5, 2014, 1:30 am

OP, it's just between your ears, there's no such thing as insomania from staring in a computer screen.

UNDERWIRE - March 5, 2014, 1:36 am

(Mar 5, 2014 02:30 AM)Rob McGroarthy™ Wrote: [\[CITE\]](#) OP, it's just between your ears, there's no such thing as insomania from staring in a computer screen.Blue light inhibits natural melatonin production.

Eeluminati - March 5, 2014, 2:20 am

Not even lying, the orange actually hurt my eyes. I have spent hours and hours on the computer ever since I was 7, I am now 16. My eye sight is pretty good besides me having photophobia (sensitive to bright lights) but I have had that since I was little. I'm fine just sticking to my monitor how it is, it's 40/100 brightness.

shreder - March 5, 2014, 5:27 am

I've had this software for over a year I. Believe.when it turn it off it goes to this super bright white and it burns the shit out of my retina.

Z?zz - March 5, 2014, 5:32 am

(Mar 5, 2014 03:20 AM)Eeluminati Wrote: [\[CITE\]](#) Not even lying, the orange actually hurt my eyes. I have spent hours and hours on the computer ever since I was 7, I am now 16. My eye sight is pretty good besides me having photophobia (sensitive to bright lights) but I have had that since I was little. I'm fine just sticking to my monitor how it is, it's 40/100 brightness.

You get used to it after a few hours

WreckfullTM - March 5, 2014, 7:46 am

Do you know the best solution?

Eating more carrots. I am doing this for almost 10 years and I don't have any problems buddy. I started eating them when I was playing professionally Counter Strike 1.6 and because I was playing almost 12 hours per day.. so somehow my father took me to the doctor and the doctor said "no need to give him a classes, to protect him somehow" just buy carrots and gave him to eat...since then I don't have any problems and I am watching like a hawk.

cyberducky - March 5, 2014, 10:36 am

(Mar 5, 2014 08:46 AM)causevd Wrote: [\[CITE\]](#) Do you know the best solution?

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Carrots help your vision but do not protect your eyes from the screen.

(Mar 5, 2014 02:30 AM)Rob McGroarthy™ Wrote: [\[CITE\]](#) OP, it's just between your ears, there's no such thing as insomania from staring in a computer screen.

Multiple studies have proven that the intensity of the blue light on computer screens can cause insomnia.

(Mar 4, 2014 09:50 PM)Sojin Wrote: [\[CITE\]](#) I just downloaded flux and I already have my brightness all the way down. There is a MAJOR difference. My screen is kinda orange yellowish lol.

The reason it is orange tinted is because it filters out the harsh blue light.

WreckfullTM - March 5, 2014, 12:25 pm

(Mar 5, 2014 11:36 AM)Abide Wrote: [\[CITE\]](#) Carrots help your vision but do not protect your eyes from the screen.

Multiple studies have proven that the intensity of the blue light on computer screens can cause

insomnia.

The reason it is orange tinted is because it filters out the harsh blue light.

Yeah it does but I was hardcore gamer for about 10 years and I still don't have glasses. They really helped me out.

funtela - March 5, 2014, 3:51 pm

I actually had flux on my iPhone about a year ago :) Pretty cool app. Didn't know it existed for Mac !

Planet VI - March 5, 2014, 4:24 pm

(Mar 4, 2014 08:55 PM)Abide Wrote: [\[CITE\]](#) So ever since I was 10 years old I have had my eyes peering into a bright computer monitor. I have developed insomnia and have to take melatonin every night before I got to sleep. I recently found out that if you have your brightness set all the way up, and keep it like that all day and night, it can damage your vision and cause insomnia. I have had to get glasses recently as well because I could not see the board at school anymore. My eyes were becoming completely shot out from my screen. I noticed today as well that I squint while browsing HF and that my eyes get red spots from eye strain. I had to research ways to fix this sort of thing. Everyone said to buy these expensive special Gunnar glasses, but I am not in the financial position to buy them. I found a software called flux. Right after I installed it and my screen changed my eyes instantly felt better. It was the weirdest thing! I stopped squinting, it became easier to fall asleep, and impressed me because it was automatic. Flux automatically edited my screen setting based on the time, and where I live. So for everyone who struggles with this and can't afford those expensive glasses, try flux. It actually worked for me.

Or, you can get up off the computer once in a while. Just saying lol.

Legends - March 5, 2014, 4:48 pm

Really interesting. I just tried it and the orange is really strange. Hopefully I'll get used to it.

Duyere - March 5, 2014, 5:25 pm

F.lux is amazing! Before F.lux, my eyes used to burn so bad from sitting in the dark, staring at my computer screen. Ever since I installed this program, my eyes are getting not nearly as torched now.

Mupes - March 5, 2014, 6:22 pm

I just installed this to check it out. Haven't noticed a difference yet but should be pretty cool. Noticed it changes on its own and everything.

Seems cool. thanks

cyberducky - March 5, 2014, 6:50 pm

(Mar 5, 2014 05:24 PM)Planet VI Wrote: [\[CITE\]](#) Or, you can get up off the computer once in a while. Just saying lol.

Computer = life. Never will get off.

ASLR - March 5, 2014, 6:54 pm

I tried it before and removed it, I think I'll give flux a second go. It does feel softer on the eyes.

Demonic Medicine - March 5, 2014, 6:55 pm

Thanks for the link for Flux, I am now using it and I defiantly see the difference. The light from the screen does not seem overwhelming. :)

Etho - March 5, 2014, 7:02 pm

Thanks so much, heard about flux a long time ago but was reluctant to try it. Installed and felt the difference almost immediately!

cyberducky - March 5, 2014, 7:18 pm

(Mar 5, 2014 08:02 PM)Etho Wrote: [\[CITE\]](#) Thanks so much, heard about flux a long time ago but was reluctant to try it. Installed and felt the difference almost immediately!

Yeah it is so weird right? The minute you turn it on your eyes feel relief!

Cub? - March 8, 2014, 4:06 pm

It works! My eye started to feel better when when I started flux. Thanks!

Tomorrowland - March 8, 2014, 4:13 pm

This is awesome! Thank's so much man! Huge vouch, I just started it up, Took nearly 30 secs to install, " Not-even" then once I started it up, It automatically recognized my computers time and changed the color output, It look's so much nicer now, I've always been used to having my eyes hurting, It already feels better! Thank's!

cyberducky - March 8, 2014, 5:03 pm

(Mar 8, 2014 05:13 PM)Tomorrowland Wrote: [\[CITE\]](#) This is awesome! Thank's so much man! Huge vouch, I just started it up, Took nearly 30 secs to install, " Not-even" then once I started it up, It automatically recognized my computers time and changed the color output, It look's so much nicer now, I've always been used to having my eyes hurting, It already feels better! Thank's!

It truly does help. Glad your using it. You should sleep better also :)

Chewiebacca - March 8, 2014, 5:18 pm

Didn't know there was f.lux for desktop, I've been using it for awhile on my iDevices. Thanks for the link.

Bontoxilysin - March 8, 2014, 5:25 pm

Just got it, my screens a barely notice-able sunset color. My eyes surprisingly kinda burn now with it.. I'll keep it for a week and see how it goes.

Almighty Sosa™ - March 8, 2014, 9:09 pm

Dude that actually really hurt my eyes... :c

Ambiti0n - March 8, 2014, 10:25 pm

f.lux is the best thing to have ever happened to me. Once you get used to it, you just can't just stop using it. It's like computer screen-created heroin for your eyes. ͡_(?)_͡

I'm bad at analogies, sorry. LOL

PianoWithoutKeys - March 8, 2014, 11:19 pm

Wow, I just installed Flux in like 15 seconds and felt my eye strain go away immediately! I sound like a bad testimonial from a tv paid programming, lol. But it seriously works!