

Forum:[Hack Forums](#)

Thread: [Do you use special goggles when you using PC/Laptop?](#)

Linux X - February 17, 2020, 10:44 pm

Do you use special goggles when you using PC/Laptop? I'm thinking to buy googles which reduce the blue light because I spend almost 8h every day on PC.

Dhoroty - February 17, 2020, 10:51 pm

I saw an article, that this blue light stuff is not as bad as they told us. For example here is one (not what I saw, but it writes similar):

<https://www.health.harvard.edu/blog/will-blue-light-from-electronic-devices-increase-my-risk-of-macular-degeneration-and-blindness-2019040816365>

Still don't know is is really bad or not. I don't use googles at all, but I watch screens for 20+ years. But if you keep my advice: try to keep breaks, and when you are on a break try to look for longer distances for a while. That usually helps me. And if your eyes dry easily try to use eye drops.

Zero - February 17, 2020, 10:51 pm

I use nothing. I have glasses. I'm 10hours on my PC at work + a lot on my free time + on my phone. Just did an eye test a few weeks ago after about 1~2 years without a test. My number reduced. What is life?

Linux X - February 17, 2020, 10:55 pm

(Feb 17, 2020 11:51 PM)Dhoroty Wrote: [\[CITE\]](#) I saw an article, that this blue light stuff is not as bad as they told us. For example here is one (not what I saw, but it writes similar):

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Still don't know is is really bad or not. I don't use googles at all, but I watch screens for 20+ years. But if you keep my advice: try to keep breaks, and when you are on a break try to look for longer distances for a while. That usually helps me. And if your eyes dry easily try to use eye drops. Yeah i need to get eye drops ...

(Feb 17, 2020 11:51 PM)Zero Wrote: [\[CITE\]](#) I use nothing. I have glasses. I'm 10hours on my PC at work + a lot on my free time + on my phone.

Just did an eye test a few weeks ago after about 1~2 years without a test. My number reduced. What is life?

Did you drink any pills? w0w ?

Pancake Boat - February 17, 2020, 10:59 pm

No and yes. I wear glasses and they have that anti blue light layering

oRequiem - February 17, 2020, 11:03 pm

No, my monitor has less blue light and options to make it perfect for the eyes whenever I need to change the display.

Citoa - February 17, 2020, 11:27 pm

I don't buy in the future I will probably get myself a pair of such goggles. Better be safe than sorry.

SIM-2875347 - February 18, 2020, 12:08 am

I've see the like gaming goggles (gunnars I think?) but havent really gotten the itch to try them. I spend a lot of time of the computer but my glasses dont actually have the anti blue-light thing. Does anyone know if its actually worth doing it? I do look at screens a lot and I guess if it helps my eyes there may not be any reason not to? Ive also wondered if it screws up the color accuracy of the image at all.

Linux X - February 18, 2020, 12:12 am

(Feb 18, 2020 01:08 AM)Buildoman Wrote: [\[CITE\]](#) I've see the like gaming goggles (gunnars I think?) but havent really gotten the itch to try them. I spend a lot of time of the computer but my glasses dont actually have the anti blue-light thing. Does anyone know if its actually worth doing it? I do look at screens a lot and I guess if it helps my eyes there may not be any reason not to? Ive also wondered if it screws up the color accuracy of the image at all.

Well I read a lot of articles about this blue light, and most of them are telling to get this kind of goggles. I really have trouble when I go to sleep.

Michael - February 18, 2020, 12:45 am

Would goggles protect that much?

If yes, I might buy a pair as well.

Linux X - February 18, 2020, 12:47 am

(Feb 18, 2020 01:45 AM)Michael Wrote: [\[CITE\]](#) Would goggles protect that much?

If yes, I might buy a pair as well.

Yep, you can watch some videos about it. for 30/60 euros you can get a really good goggles.

SIM-3257834 - February 18, 2020, 12:52 am

(Feb 18, 2020 01:12 AM)? GRAPHIC PLEASURE ? Wrote: [\[CITE\]](#) Well I read a lot of articles about this blue light, and most of them are telling to get this kind of goggles. I really have trouble when I go to sleep.

You're supposed to avoid screens in general 1 hour prior to bed. No Google's or normie phone blue light filter is going to help you.

Linux X - February 18, 2020, 1:07 am

(Feb 18, 2020 01:52 AM)Cake Wrote: [\[CITE\]](#) You're supposed to avoid screens in general 1 hour prior to bed. No Google's or normie phone blue light filter is going to help you.

I will try today, thank you for the suggestion ??

SNACK - February 18, 2020, 2:30 am

It's getting too serious now haha.

I don't have any protective goggles lmao

Luca - February 18, 2020, 11:37 am

Don't just get f.lux. It's free and basically does the same thing

SIM-4577611 - February 18, 2020, 11:45 am

(Feb 17, 2020 11:44 PM)? GRAPHIC PLEASURE ? Wrote: [\[CITE\]](#) Do you use special goggles when you using PC/Laptop? I'm thinking to buy googles which reduce the blue light because I spend almost 8h every day on PC.

I don't use glasses but yeah if it's too bright I change the contrast and brightness or night light.

Linux X - February 18, 2020, 11:46 am

(Feb 18, 2020 12:37 PM)LukaNo007 Wrote: [\[CITE\]](#) Don't just get f.lux. It's free and basically does the same thing

I have similar options on my monitor. I guess I don't need this program.

Rob - February 18, 2020, 11:48 am

You really don't need any type of special glasses, nowadays you can just use programs that automatically do it for you or the monitor does it by itself without you even noticing.

Goku - February 18, 2020, 11:48 am

No, it's way too geeky lmao. But I do enable the red light filter that is installed in windows. At work, I have got a second monitor to check my designs.

Vitani - February 18, 2020, 11:49 am

If by goggles you mean glasses then yes. Pretty standard though. Wish I wouldn't need them but it's easier on the eyes that way.

Bastille - February 18, 2020, 12:00 pm

No I don't, but I guess I should because I spend more than 10 hours per day front of displays. Using Laptop + 2 displays at work, and using 3 displays at home.

Need to make an appointment for my eyes, didn't for almost 5 years and I feel my glasses are not good anymore

V?rt - February 18, 2020, 1:29 pm

Not at the moment, but when I go get a new pair of glasses I'll be getting some blue light lenses. I might actually just get some yellow ones because I'm used to how that looks on my phone and I enjoy it

spiral - February 18, 2020, 1:40 pm

yeah I personally wear swimming goggles while on ANY electronic device.

pretty standard I would say

Yin Yang - February 18, 2020, 3:27 pm

No, I don't own any special goggles

?ystem - February 18, 2020, 3:34 pm

Do prescription glasses count? Otherwise, no. I saw some of those doo-dads at a MicroCenter sometime last year when browsing the aisles but never really gave it much thought in regards to using them than acknowledging their existence. Funny enough, my eyesight has dramatically improved since my last exam, so I'm okay for now.

Loukas - February 18, 2020, 3:58 pm

I had a pair of Gunnar glasses, yellowish tint, before flu.x came around. I don't really wear them all too much, but I think they do make a difference. No where near the eye fatigue, especially when I used to play Xbox for hours on end on the LED tv.

Nyx - February 18, 2020, 4:04 pm

If I ever catch someone wearing these at my campus or even an internet cafe just know somebody is about to catch this fade.

Geralt - February 18, 2020, 5:38 pm

Nah, I won't be needing glasses for the next 3-4 years definitely. After that, I'll get an eye surgery and I'm good for the next 15-20 years.

Deployed - February 18, 2020, 7:45 pm

(Feb 17, 2020 11:51 PM)Zero Wrote: [\[CITE\]](#) I use nothing. I have glasses. I'm 10hours on my PC at work + a lot on my free time + on my phone.

Just did an eye test a few weeks ago after about 1~2 years without a test. My number reduced. What is life?

Now this I relate to. I cannot work unless my computer is maxed in brightness, and I hate a dim phone. I am on my computer at least 10 hours a day and my phone 75% of the time I am not on a computer. My eyes have not "worsened" in over 5 years... if only they could get better as well

- Deployed

Pikzul - February 18, 2020, 7:47 pm

No, but I wish I would have used to do this.. Nowadays I have glasses and have to get eye tested twice a year and it has to be related to my childhood with alot of gaming and pc hours. (Unsure) ?

Moxxi - February 18, 2020, 8:57 pm

lol i used to want the gunnar things when i was younger cuz all the stupid league of legends pro players wore them every game and kept pushing them with sponsorships and stuff then I realized how pointless they were glad I never wasted the money

Snowwy - February 18, 2020, 9:58 pm

Heard a lot about these but haven't looked into them. I'm more on my phone than PC with brightness fairly low.

Herbert - February 18, 2020, 10:27 pm

I use my binoculars on a day-to-day basis.

EvilCauses - February 18, 2020, 11:15 pm

I had a paid of gunnar's (recommend them) but got bored of them being a non glasses wearer but my eye sight has been damaged from 8 hours work then 5 hours on the pc after with 2 phones inbetween!

Shisho - February 19, 2020, 12:27 am

[Video: <https://youtu.be/PWFF7ecArBk>]

WalterE - February 19, 2020, 3:39 am

Well I don't personally use goggles I use the night mode on my phone and pc

AYMG - February 19, 2020, 8:36 am

Never heard for them. How much they cost and where can you get them?

Deployed - February 19, 2020, 8:42 am

I can only imagine how terrible it would be to wear glasses that improvise the brightness and clarity of my screen. I always work on full brightness to sunburn my retinas

- Deployed