

Forum:[Hack Forums](#)

Thread: [Blue light filtering glasses](#)

Mercury - April 11, 2020, 8:55 am

Do any of you guys use these on a daily basis? I've been noticing some pretty severe eye strain lately. My job demands 8+ hours a day on a computer and I need a solution. I figure, what better place to inquire about something like this?

Your thoughts?

The Broker - April 11, 2020, 9:07 am

never heard of this lol, ive been sitting on pc 12h + a day all my life and my vision is ok

SIM-3257834 - April 11, 2020, 9:15 am

Waste of money to cash grab the normies.

<https://www.aaao.org/eye-health/tips-prevention/blue-light-digital-eye-strain>

Yin Yang - April 11, 2020, 9:27 am

I haven't used a filtered glass before

Hackin - April 11, 2020, 11:21 am

Hey i work with a pc also, i got a pair and noticed a difference. They only cost like 10 - 20 bucks on amazon so i think it was worth getting them.

The Broker - April 11, 2020, 12:04 pm

havent used those before man

SIM-4665566 - April 11, 2020, 12:25 pm

I just run everything on a dark theme and use a program called f.lux to adjust the amount of blue light.

Disease - April 11, 2020, 12:26 pm

(Apr 11, 2020 09:15 AM)Cake Wrote: [\[CITE\]](#) Waste of money to cash grab the normies.

<https://www.aaao.org/eye-health/tips-prevention/blue-light-digital-eye-strain>

Haha, thank you, glad to see someone link to this. Even the American Academy of Ophthalmology has ruled that these glasses are pointless; blue light doesn't cause eye strain or disease. It's peoples bad habits that do; such as sitting too close to their monitors, not blinking appropriately, etc.

In my opinion these are just placebo glasses. If wearing them makes you feel better, than who's to say they're not helpful for you from a psychological standpoint? Mind over matter after all.

Lakai - April 11, 2020, 12:32 pm

I was wondering the same question about these things. Are they worth the money?

Exposed74 - April 11, 2020, 12:57 pm

It always happen to me when i'm only looking at my screen for too long. I can spend double the time on my computer if i don't forget every now and then to look something else. Could be looking outside for few seconds, looking away while thinking, closing my eyes for a few seconds helps a lot !

Luca - April 11, 2020, 3:16 pm

Fucking waste of money dude. Just download f.lux and [insert app name here because i dont know it off the top of my head] on your phone and bam, you've got the glasses for free. Or you can alternatively buy the light bulbs but I don't see the point in that

Werd - April 11, 2020, 3:36 pm

Some people swear by them and some people think they are complete bullshit. The biggest thing is what helps you, and if you are experiencing strain, it would not hurt to try. They are not that expensive, and a lot of places still accept returns on them even if you try them out. Just hang on to the packaging.

\$40 for years of use and no more eye strain sounds pretty worth it to me if they work, and if not, at least you tried something.

Pow3r - April 11, 2020, 4:00 pm

Personally I have never used any but I am not on the computer that long anyway. I don't really know anyone who uses them either. Sorry OP.

Yanix - April 11, 2020, 4:03 pm

(Apr 11, 2020 08:55 AM)Raven Wrote: [\[CITE\]](#) Do any of you guys use these on a daily basis? I've been noticing some pretty severe eye strain lately. My job demands 8+ hours a day on a computer and I need a solution. I figure, what better place to inquire about something like this?

Your thoughts?

How old are you if I may ask?

Have you tried having your eye for a check-up? Maybe you might want to consider it first =)

?ystem - April 11, 2020, 5:28 pm

I would make an appointment with your ophthalmologist to discuss what your options are, you very well may be in need of some prescription glasses or something in general that will help lessen the strain on your eyes and avoid possible headaches/migraines.

Wafflemonger - April 11, 2020, 8:14 pm

If you're on the computer, Windows 10 has a blue light filter. Alternatively, I would recommend the use of f.lux. It's highly customizable and allows you to filter how much (or little) blue light you want filtered. I've been using it for years now.

Alternatively, make sure that the screen is not too bright, or that you are in a brightly lit room. Furthermore, ensure you don't have any wind or fan blowing against your eyes. Also, if possible, ensure you are at least 1 arms length away from the monitor at all times.

Finally, ensure you take frequent breaks, as in approximately 5 minute break every 1 hour.

jfm-8 - April 11, 2020, 8:41 pm

The glasses would definitely help, I have heard that people have noticed a difference. They are super cheap too so wouldn't hurt to try.

de_g3ntl3m4n - April 11, 2020, 8:44 pm

Yeah i feel like you were to check out some of the glasses that protect your eyes against the blue light will help your eyes out tremendously, at the same time have you had check out any feature on the computer or web browser that reduces blue light or have a night light feature?

humanbody - April 12, 2020, 10:05 am

Haven't used any of this crap. However I do recommend you to invest in a good monitor that doesn't have that bright colors (I know you can manually adjust the brightness but it's not the same) or at least colors that are pleasing for your eyes.

? ?I?????????@ ? - April 12, 2020, 11:47 am

(Apr 11, 2020 08:55 AM)Raven Wrote: [\[CITE\]](#) Do any of you guys use these on a daily basis? I've been noticing some pretty severe eye strain lately. My job demands 8+ hours a day on a computer and I need a solution. I figure, what better place to inquire about something like this?

Your thoughts?

I have heard of it. I use it as I work on my system more than 10-12 hours daily. It should be used so we do not stress our eyes. I can not post links right now, but a good google search of "blue light filter glasses" will help you with what you are trying to search.

Anuta - April 12, 2020, 11:48 am

Actually i use f.lux for that cause and it seems to work for me

Fortunate - April 12, 2020, 11:49 am

I've been always offered it because I work at home/spend time on my computer a lot BUT I always hear that it's just a blatant cash grab.

? ?I?????????@ ? - April 12, 2020, 11:51 am

(Apr 12, 2020 11:49 AM)Fortunate Wrote: [\[CITE\]](#) I've been always offered it because I work at home/spend time on my computer a lot BUT I always hear that it's just a blatant cash grab.

I have seen it cutting a blue laser light demo in front of me in the store, that is why I bought it. Are you sure its waste of money ?

Fortunate - April 12, 2020, 11:52 am

(Apr 12, 2020 11:51 AM)BlueNorOff Wrote: [\[CITE\]](#) I have seen it cutting a blue laser light demo in front of me in the store, that is why I bought it. Are you sure its waste of money ?

I mean if they have to prove it to you in a way or another in the store using a technique like that just sounds like it's a cash grab to be honest.

Bob White - April 12, 2020, 11:54 am

I used them after I had lasik surgery to lesson the strain on my eyes for the first few weeks, actually helped a lot, although having gotten away from glasses after so many years I find it hard to wear them now.

? ?I?????????@ ? - April 12, 2020, 11:54 am

(Apr 12, 2020 11:52 AM)Fortunate Wrote: [\[CITE\]](#) I mean if they have to prove it to you in a way or another in the store using a technique like that just sounds like it's a cash grab to be honest.

Yeah your point is right. Maybe it is something like that cash grab. Also I haven't heard of anyone with positive reviews of this thing so far.

Dorrance - April 12, 2020, 11:57 am

I have some expensive shades that is blue filtered. I like hold the filter sits and how everything looks from my perspective.

? ?I?????????@ ? - April 12, 2020, 12:14 pm

(Apr 12, 2020 11:57 AM)Dorrance Wrote: [\[CITE\]](#) I have some expensive shades that is blue filtered. I like hold the filter sits and how everything looks from my perspective.

I also have one for one brand which I bought and they told me it comes with UV protection and

some blue light filter thing.

Mercury - April 12, 2020, 3:35 pm

I'm pretty sure almost everyone who replied did not read the original post. Thank you to those who contributed useful information. I'm going to give it a shot and I'll follow up.

(Apr 12, 2020 10:05 AM)humanbody Wrote: [\[CITE\]](#) Haven't used any of this crap. However I do recommend you to invest in a good monitor that doesn't have that bright colors (I know you can manually adjust the brightness but it's not the same) or at least colors that are pleasing for your eyes.

The monitors I use at work are indeed absolute garbage. If I were in a position to have them replaced, I would. Haha.

(Apr 11, 2020 04:03 PM)Yanix26 Wrote: [\[CITE\]](#) How old are you if I may ask?

Have you tried having your eye for a check-up? Maybe you might want to consider it first =)
I'm 24 with perfect vision. I spend an astronomical amount of time at work dealing with thousands of varying strings of text/numbers. I've been extensively playing video games for hours at a time throughout my life without any issues. I think it's relevant to the kind of work field I'm in.

Blogger - April 13, 2020, 11:53 am

(Apr 11, 2020 08:55 AM)Raven Wrote: [\[CITE\]](#) Do any of you guys use these on a daily basis? I've been noticing some pretty severe eye strain lately. My job demands 8+ hours a day on a computer and I need a solution. I figure, what better place to inquire about something like this?

Your thoughts?

Yes! I have one for the day time and one for night time. I used it all the time but had to stop because it was hurting me more than it was helping me.

shitmaster - April 13, 2020, 12:55 pm

It happens to me as well. Makes me get watery eyes and migraine. My cooperate systems are all with a white background. I started reducing the brightness of my monitor. I'd say that's the best thing to do for this issue.

The-Fluffy-Kitty - April 13, 2020, 12:59 pm

I've used the blue light filters on my phone screen and monitor before. I feel that would get one the same result without spending a single penny.