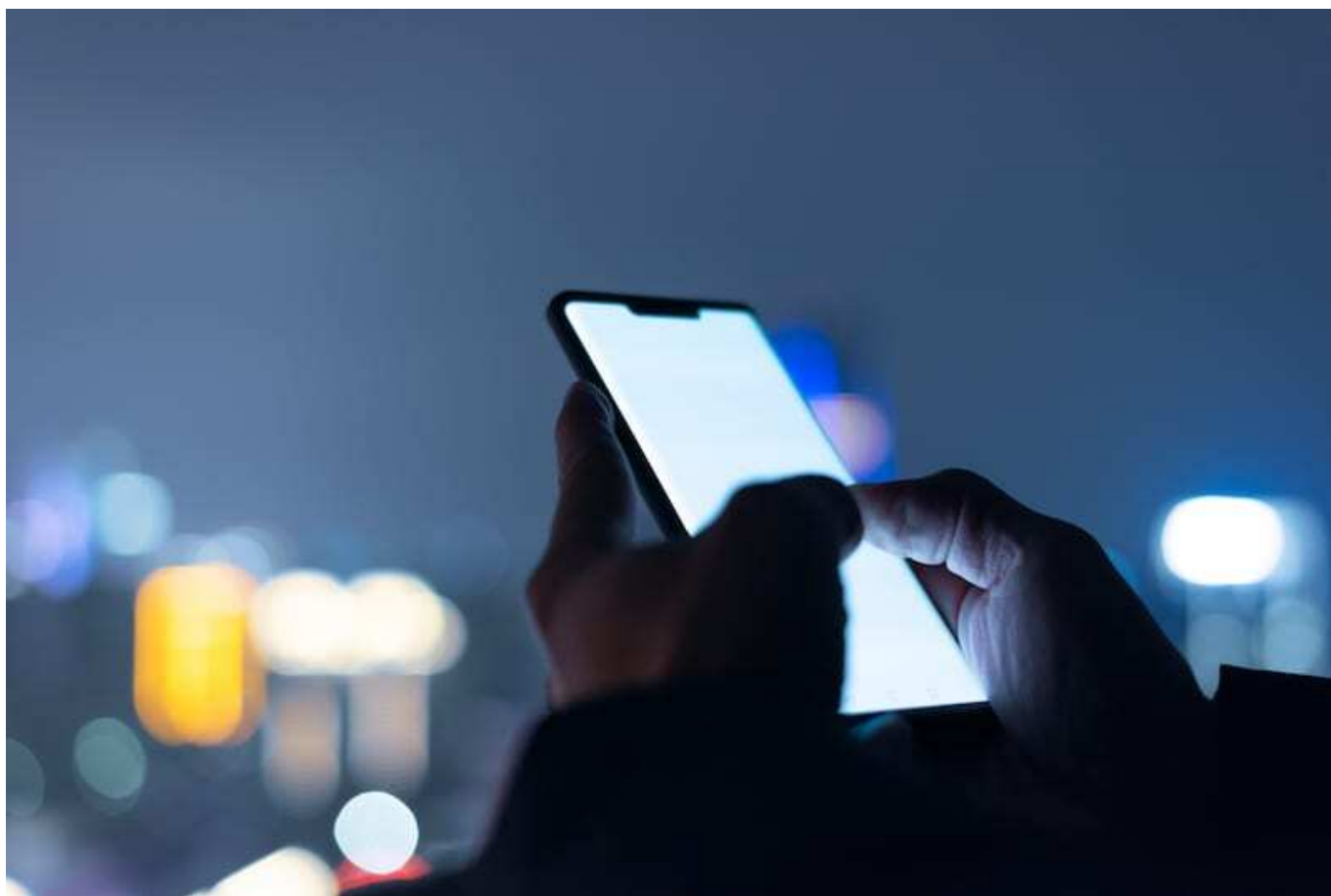


## Everything is ambiguous: what do scientists say about the effects of smartphone screens on the eyes of the eyes

One study of 2014 showed that blue light from screens can increase the risk of fiber damage and cataract development. He also delays sleeping for 10 minutes.

The scientific community has not yet come to a consensus on the influence of smartphones on vision. According to the professor of circus neurobiology, Oxford University of Stuart Pieron, now there is no convincing evidence that sitting with the phone before bedtime does not affect sleep.



Sleep Fund

True, scientists also found that if you use a smartphone for a long time, it will affect the brain similarly to drug addiction. This is manifested in the fact that a person develops increased anxiety, deficiency of attention, anxiety when he does not have access to the gadget.

Light from the screens, especially in the evening, can suppress the production of melatonin. This hormone regulates sleep and wakefulness. As a result, sleep quality worsens, general

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mood, cognitive functions.

***News -in -law materials cannot be equated to the doctor's prescription. Before  
making a decision, consult a specialist.***