

bcpvpa



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Turn Out the Lights

You're on your way to a good night's sleep; you're set up in bed with your laptop, just browsing some light news topics before you hit the hay. Yet when you try to settle down, your sleep cycle is clearly disturbed.

Experiencing exposure to the blue light wavelengths of bright lights in the evening may disrupt your production of the sleep hormone melatonin. You can help reduce your blue light exposure by wearing blue light blocking glasses — especially if you use a computer or other digital screen for long periods of time.

Even better, consider establishing a new night-time routine and avoid digital screens for 30 minutes to one hour before turning in. This can help your body better produce melatonin naturally as the evening progresses and bed-time approaches, helping you sleep better.

Find out more about the [effects of blue light](#) ... and sleep tight!

A handwritten signature in black ink, appearing to read "R. Morandini", with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.