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IS YOUR PHONE'S BLUE LIGHT STEALING YOUR GLOW? DIAL BACK!

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What's the solution?

With its short wavelength and high energy, blue light can cause eye strain, fatigue and headache. Prolonged use of digital devices can be equally harmful to the skin. According to Dr Batra's findings, 68% of individuals are unaware of the impact of prolonged screen time, which is referred to as "screen blues". Lifestyle coach, Preeti Daga says to reverse the damage done to your skin, minimise technology-induced stress. She suggests that you designate daily "no-electronic" hours. Get blue light-blocking covers for your electronic devices. Enable the "night mode" setting on your digital devices to reduce blue light emission.

BRING DOWN TECH STRESS
To reverse the damage done to your skin, minimise technology-induced stress, says lifestyle coach Preeti Daga. Designate daily "no-electronics" hours. Get blue light-blocking covers for your electronic devices. Enable the "night mode" setting on your digital devices to reduce blue light emission.

TAKEN AT UNUSUAL PLACES
Beauty expert Dr Rohit Batra explains that blue light can trigger the production of free radicals in the skin, which can lead to skin damage. To protect your skin from the light emitted by your electronic devices, Dr Batra suggests using blue light-blocking covers for your devices. He also suggests using blue light-blocking eye glasses. "Wearing sunglasses with iron oxide (zinc oxide and titanium oxide) is crucial as they deflect harmful rays and prevent skin damage," he explains. Adding, "It is key to note that most chemical sunscreens don't have these elements and leave you exposed to the blue light from LEDs and CFLs (compact fluorescent lamps) when you are indoors." Dr Batra emphasises the importance of wearing your sunblock even on the days you are working from home to protect your skin from the light emitted by surrounding electronics.

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DR ROHIT BATRA, Dermatologist

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BRING DOWN TECH STRESS To reverse the damage done to your skin, minimise technology-induced stress, says lifestyle coach Preeti Daga. Designate daily “no-electronics” hours. Get blue light-blocking covers for your electronic devices. Enable the “night mode” setting on your

digital devices to reduce blue light emission. Daga adds, “Also, take time out for working out and socialising, and get good sleep. Brisk walking, swimming or any other workout, along with yoga and deep breathing, are great ways to de-stress. Also, do some therapeutic activities such as cooking or painting. It will help you feel and look fresh.”

TAKE NATURE'S HELP Beauty expert Blossom Kochhar explains that since blue light can trigger the production of harmful free radicals in the skin, antioxidants can help neutralise them. "Antioxidants, when applied to the skin, can help protect against the damage caused by free radicals.

They can help prevent the breakdown of collagen and elastin, two proteins that keep the skin firm and elastic. Antioxidants can also reduce inflammation," says Kochhar. Antioxidants used in skincare products include vitamin C, vitamin E, green tea extract and resveratrol. Eating a diet rich in antioxidants such as fruits, vegetables, and whole grains, can also help protect the skin from premature ageing.