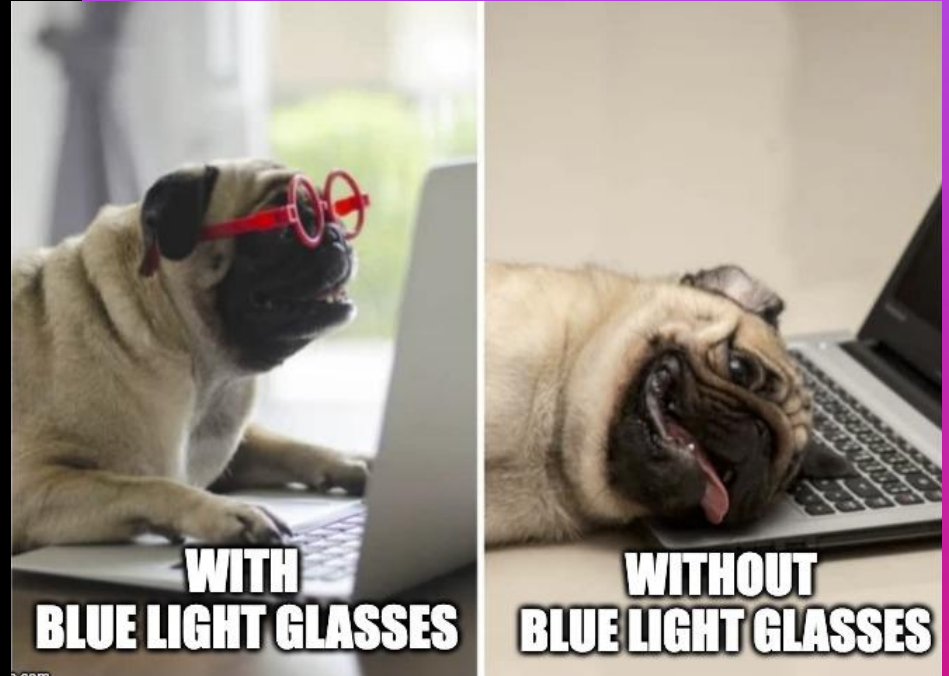


I- Search Reflection

Research Question: Are blue light blocking glasses useful?

by: Hope Koryon

This meme explains the actual usefulness of blue light glasses. Before completing this assignment, I believed that blue light glasses were effective and eased eye strain symptoms. After completing the assignment and looking at several articles and studies, I found out that it is scientifically proven that they are virtually useless. I was victim to the placebo effect. Though the articles prove that my 3 pairs of blue light glasses would be just as useful with no lenses, I am going to continue using them because I feel more "locked in" when I have them on.



My New Formal Opinion on Blue Light Glasses

When I found all these sources denouncing my holy grail for assignments and computer work, I was shocked. After reading and looking at the studies done, I realized they were rational. I would not recommend anyone to get them because it would be a waste of money if they actually experienced digital eye strain symptoms.

When it came to finding my sources, the difficult part was not finding reliable sources, it was finding articles that did not say the same thing. There were a lot of doctors prescribing blue light glasses to people until ophthalmologists and eye specialists started researching the effectiveness of the lenses. These specialists then made articles to inform and de-influence people from purchasing them - and they all pretty much had the same thing to say. In order to have some variation in my sources, I used a published study, and made sure the articles talk about one thing that another article does not or does not elaborate on as much as the other one does.

A similarity I found across my sources was that they all mentioned the 20-20-20 method for easing eye strain. As mentioned in my essay, the 20-20-20 method is when you look away from your device for at least 20 seconds, at something 20 feet away, and blink 20 times. I want to say it works, but I do not want to fall victim to placebo effect again.

When I was younger, I experienced a lot more digital eye strain symptoms than I do now. Since the gradual use of devices in the education system increased, I started to become more aware of these symptoms and use the 20-20-20 method often. Another method I use to ease DES symptoms is using the night mode filter on my devices. In your control center apple has the option to tint your screen to reduce the output of blue light. I use this every day because most of the time if I am working on my laptop, it is at nighttime.

Quality of Work

I did not turn a draft in and turned in my final piece late because I am not confident in my writing abilities. When I have to complete big writing pieces, I usually put them off until it is too late. I am aware that this is a horrible mindset to have, especially in college. I have gotten better with deadlines, as I have a lower rate of late assignments than last year. And I have been writing a lot for my USSO class, which allows me to practice my writing abilities in a formal setting.