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group was given blue-blockers. The blue-blocking group reported an easier time falling asleep compared to the ultraviolet-blocking group (but it's important to note that, when compared to the teenager test, the adult participants' device usage before bed was significantly less to begin with).

Night Modes Reduce Blue Light (But It May Not Save Your Sleep)

However, what we don't know for sure is whether features like Night Shift and Night Mode will be enough, or have the same effect over the long term as the blue-blocking glasses do. There haven't been any long term studies on these features and their effect on people's sleep, or on apps like f.lux or Twilight, which many people use today for the same thing. We can assume that shifting the color palette of your device's screen to warmer temperatures will reduce blue light exposure, thus helping you avoid the disruption of melatonin production and confusing your circadian rhythm, but we don't know for sure yet.

However, there have been studies that tested color temperature and its effect on activity, drowsiness, and sleep quality. One study, published in the *Journal of Physiological Anthropology and Applied Science*, suggests that color temperature is more important than illumination level when it comes to light's effect on your sleep. According to the study, low temperature lighting (warmer colors like red and orange) made participants drowsier and reduced their activity, despite the level of brightness (good news for your devices with night modes). A separate study, published in the same journal, suggests that color temperature may also affect the quality of your sleep. Researchers found evidence that the presence of high color temperatures (cooler colors like blue and white) before and during

sleep negatively impacted the overall rest participants experienced during the trials. Unfortunately, both of these studies were very small (with only eight males in the first study and seven males in the second), so it's hard to say how it will all shake out when it comes to the millions of devices in people's hands.

1 of 5
2 of 5
3 of 5



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