



# 4 ways to reduce blue light and get better sleep.

Phones, computers, and even LEDs produce blue light, which can make it harder to sleep. Here are some simple tips to cut down blue light for better sleep.



## Shut down screens at night.

Turn off screens 30 minutes before bed—earlier, if you can. Keep your phone in another room to avoid temptation.

## Take breaks during the day.

Get away from screens once per hour, if possible. Get a drink of water, walk the dog, or take a lap around your workplace.



## Stick to a bedtime routine.

Be consistent when you wind down each night. Try reading, meditating, or taking a shower before bed.



## Use blue-blocking tech.

After dark, turn on “night mode” to dim your phone, laptop, or monitor. Or get blue-blocker glasses or screen shields to reduce blue light.