

عنوان مقاله:

Blue light phone s effects on sleep disorders

محل انتشار:

هفتمین سمینار بین المللی سلامت زنان (سال: 1397)

تعداد صفحات اصل مقاله: 2

نویسندگان:

Arezoo khorasani - Shiraz university of medical sciences

Zeinab moshfeghi - associated professor

خلاصه مقاله:

Blue light is a ranger of visible light spectrum defined as having a wavelength between 400_495 nm. This short wavelength means it is a type of high energy visible light. Devices such as mobile phone , LED televisions , tablets, lap tops and computers emit a blue light. Sleep pattern might be influenced by mobile phone exposure at bed time. Change in sleep pattern can in turn shift the body s natural clock, known as circadian rhythm and can affects mental and physical functions in daily activities. This article evaluated blue light phone s side effects on sleep disorders and insomnia This systematic review is based on more than 10 articles and new journals from science directs ,pubmed and Harvard health publishing. These data are according to following up cases that exposure to blue light phone at bed time and measuring the levels of melatonin Studies show that melatonin excretion has influenced by blue light phone. It can suppress melatonin level. Although in some studies no significant changes has been seen but findingsreveled negative effects on sleep pattern. Cases that were exposure to blue light phone at bedtime experienced a delayed circadian rhythm. Regarding the negative effect of blue light phones at bed time on sleep pattern by melatonin excretion suppressing , it suggested that nocturnal exposure to blue light phone should belimited. By blocking use of devices which emitting blue light(mobile phone, tablets , LED TVs, computers,...) sleep disorders and insomnia and it s consequences that can affect on daily activity and it s negative effects, might be improved

کلمات کلیدی:

Blue light, sleep disorder , insomnia, melatonin, mobile phone

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