

# Choosing the Right Light Bulbs for Optimal Eye Health

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Turns out that the light bulbs used in majority of businesses, schools, and office buildings could be hurting your eye health. The Australian National University found that overexposure to “cool” or “bright white” fluorescent bulbs for over 45 hours a week put your eyes at risk for many health issues, such as cataracts and pterygia.

The reason why these light bulbs are so bad for your eyes is because they emit an amount of UV rays. Over time, too much exposure can lead to irreversible eye damage. While you may have no control over the light bulb situation at your local businesses, you can still protect your eyes while at home or on the job. Here are a few tips to keep in mind.

## **Light Bulbs Not to Buy**

Avoid buying high efficiency “cool” and “bright white” fluorescent bulbs. These bulbs are popular because they are so affordable and easy to find. They emit a slightly bluish hue.

## **The Best Light Bulbs to Buy for Your Eyes**

There are several other light bulbs that are a better choice for your eye health, including traditional incandescent bulbs, LED bulbs, and halogen bulbs. Warm white fluorescent CFLs can be a good replacement, but do know that they still emit a small amount of UV rays. Of course, the amount is much lower than the traditional

bulbs.

## **Other Steps You Can Take**

It is wise to use natural light whenever possible. This is easy to do if you position your desk near the window or open up your home windows during the day. There is no doubt that this lighting is the best for your eyes and the natural sunshine will also help boost your mood too. You shouldn't have to worry about the UV rays from the sunlight, since most office buildings and even homes have UV resistant glass installed.

Investing in specialized glasses is another way to protect your eyes. UV protecting sunglasses are a must for when you are outside. There are also specialized glasses you can get that block UV rays that can also be worn inside.

Eye health is often overlooked, but it is important. We don't even realize how much UV our eyes are exposed to throughout the day, which is why it is best to take small healthy steps. You may even be able to talk your company into replacing their fluorescent light bulbs with LED bulbs, making the pitch that it saves money, energy, and protects all of the employee's eyes.

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