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## **Our Use of “Rose-Colored” Glasses**

We prescribe a “rose-colored” or FL41 tint, usually at 50%, for the following conditions:

- Photophobia or light sensitivity
- Migraine headaches and blinking (blepharospasm)
- To block blue light from computers and TV when viewed at night to promote the timely production of melatonin

It blocks 80% of blue light, according to the manufacturer, BPI.

### **Photophobia:**

Many of our clients prefer this tint over other colors, including gray, green or amber, for light sensitivity, especially for use indoors. Some of our health care practitioners feel that it “helps calm the sympathetic nervous system”.

### **Migraine Headaches and Blepharospasm:**

We have been suggesting an FL41 tint at 50% for our patients who suffer from migraine for several years; many of them have more than one pair and really feel that it works for them. We also have used it for children who tend to blink a lot, or squint and can’t seem to open their eyes, even indoors. “FL-41 was first described in a research project that took place in Birmingham, England. In this study, children with migraine headaches wore FL-41 filtered spectacles. The researchers found that wearing FL-41 improved the light sensitivity in these children and also the frequency and severity of their migraine headaches. “(from John A. Moran Eye Center website).

### **Blue Blocking for Night Computer and TV Viewing:**

Dr. Hutchins has an interest in the non-visual pathway of the optic nerve, which is mediated by the photoreceptor Melanopsin and is sensitive to blue light. When blue light is viewed, the production of melatonin, important in a variety of human circadian rhythms including sleep, is suppressed. If we watch a computer or TV before bed, we do not allow for the normal increase in melatonin in our bodies, and can suffer from insomnia. In addition, those with depression and bipolar disorder have been found to be exquisitely sensitive to light-dark cycles, and using blue-blocking lenses is an important new non-pharmaceutical method for modulating mood.

(See Jim Phelps, M.D., [Psycheducation.org](http://Psycheducation.org))