

Patients Won't Lose Sleep Over Blue-light-blocking Lens Implants

A new Australian study looked at whether blue-light-blocking intraocular lenses (IOLs) would disrupt sleep patterns in patients who had this type of lens implanted after cataract removal. Blue-light-blocking IOLs are often prescribed as part of risk-reduction for age-related macular degeneration (AMD) for susceptible patients. However, blocking blue-spectrum light had the potential to affect the production of melatonin, which is important for sleep regulation. The researchers followed 49 patients, 18 with blue-light-blocking IOLs, comparing them to the 31 patients who received conventional IOLs, at six months after surgery. The final results showed no affect on people's sleep patterns or sleep quality in the patients with blue-light-blocking lenses.

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