

Abstract

Title: The effect of evening exposure to blue light on sleep quality

Objective: The main aim of this bachalar thesis is to compare and determine the effect of exposure to blue light in the evening on the quality and parameters of sleep using the results obtained from previous studies dealing with evening exposure to blue light on sleep quality.

Methods: The bachalar thesis was carried out as a systemastic review. The source of information were scientific articles and studies from the electronic database PubMed and scientific literature related to the issue.

Results: Exposure to blue light in the evening decreased the quality and parameters of sleep. These negative effects were eliminated by using blue light blocking glasses.

Keywords: Blue light, sleep, blue light blocking glasses, melatonin