

## Miss H – East Germany

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In my institute interactive boards are used almost everywhere. These are giant touchscreens that can be used in almost any classroom PowerPoint presentation or similar. On the first day of the training I realized that I get a headache from the bright light these screens emit and feel generally uncomfortable.

A regular daily workload is eight lessons. After that the pain did not subside until the late evening. Therefore, within the first week I started looking for suitable blue light blocker glasses.

Since then, I always have the glasses with me for use when I need them. I also use the glasses on my home PC. Before I attended the institute, I did not realize that my headaches were related to my own screen because I did not use it much. I also put the glasses on for shopping, in stores or facilities with LED lighting or fluorescent tubes, because these are often too bright without the glasses. I understand the glasses as a compromise, so I can use public facilities and technology without or with little headache.

Incidentally, I use incandescent lamps at home.

(Posted on [www.lightaware.org](http://www.lightaware.org))