

A young boy with light hair, wearing a yellow shirt, is shown in profile, pointing his right index finger at a bright tablet screen. The scene is dimly lit, with the primary light source being the screen itself, which casts a glow on the boy's face and shirt. The background is dark and out of focus.

Korneel Bostyn

Het is waar wat ze zeggen*

*dat te lang voor een scherm zitten ongezond is



Neanderthalers bij het vuur



John Atkinson Grimshaw (1836 - 1893) - Street Lights



LED verlichting in straat



Vroeger =

**huizen en straten waren
met vuur verlicht**

Later met gas

Op foto: lantaarnaansteker

A night scene of a canal in Amsterdam. A stone bridge with a single arch spans the canal. In the background, there are several buildings, including a prominent white building with many windows. The scene is illuminated by warm, yellowish light, likely from street lamps. The water in the canal reflects the bridge and the buildings.

Opkomst elektriciteit (eind 19e eeuw) =

straatverlichting was oranje/rood/geel

Waarom?

Warmte van vuur/gaslamp nabootsen



2000's

**Uitvinding LED's:
Meestal wit/koud licht**

Reden:
Energiezuiniger

Maar ten koste van wat?

voor



na



voor



na



voor



na



voor



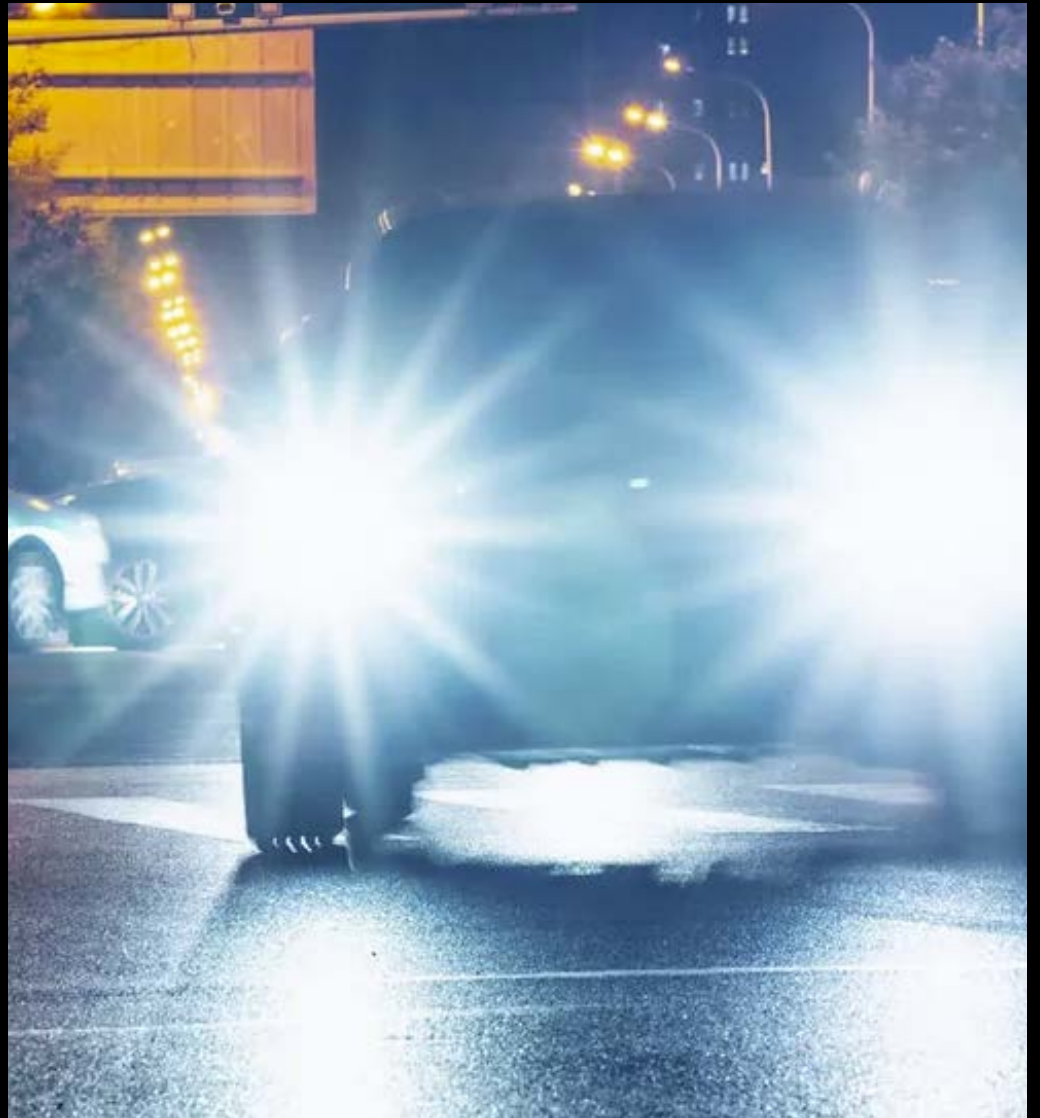
na



voor



na





Oranje lampen =
Romantisch, sfeervol,
passen bij nacht

gevoelsmatig:
natuurlijker, veilig
geborgen



LED =
Koud, streng, afstandelijk,
passen bij daglicht

gevoelsmatig:
artificieel, kil
onveilig

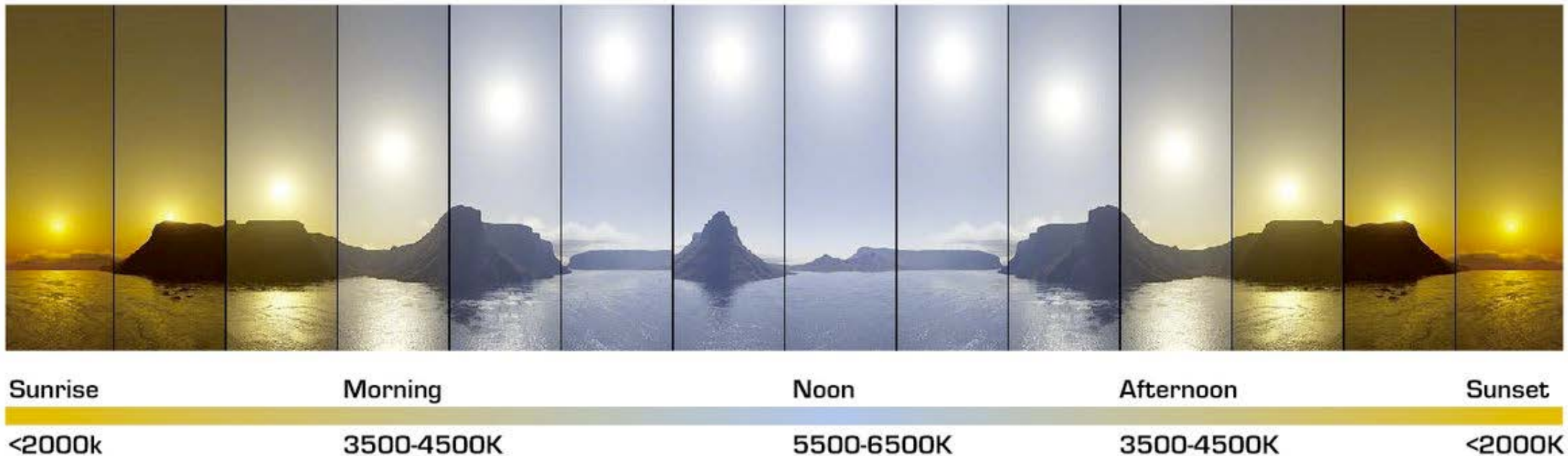
**Wit licht in de avond of nacht =
Ongezonderd**

Wit licht in de avond of nacht =

- 1. Kan oogschade veroorzaken**
- 2. Belemmert aanmaak van melatonine =
slecht slapen, storing hormonen**
- 3. Huidveroudering
(door geïsoleerde korte lichtgolven op huid)**
- 4. kan depressie stimuleren**

Pas je verlichting aan volgens het natuurlijk licht!

Blauw(er) licht overdag...



...oranje licht in de ochtend/avond...

...zoals we het al duizenden jaren gewoon zijn

LED of blauw licht 's nachts ook schadelijk voor dieren

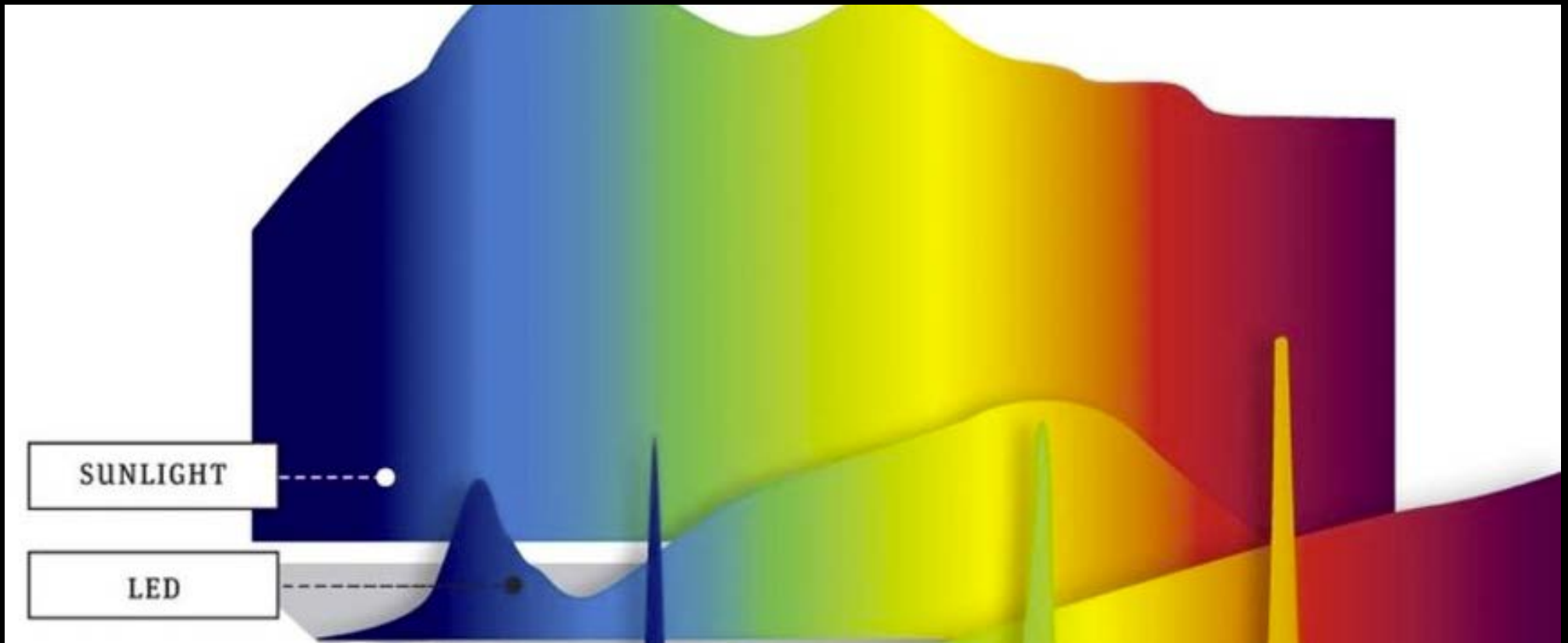


**Zij denken 's nachts onterecht dat de zon schijnt
Verstoort hun biologisch ritme**



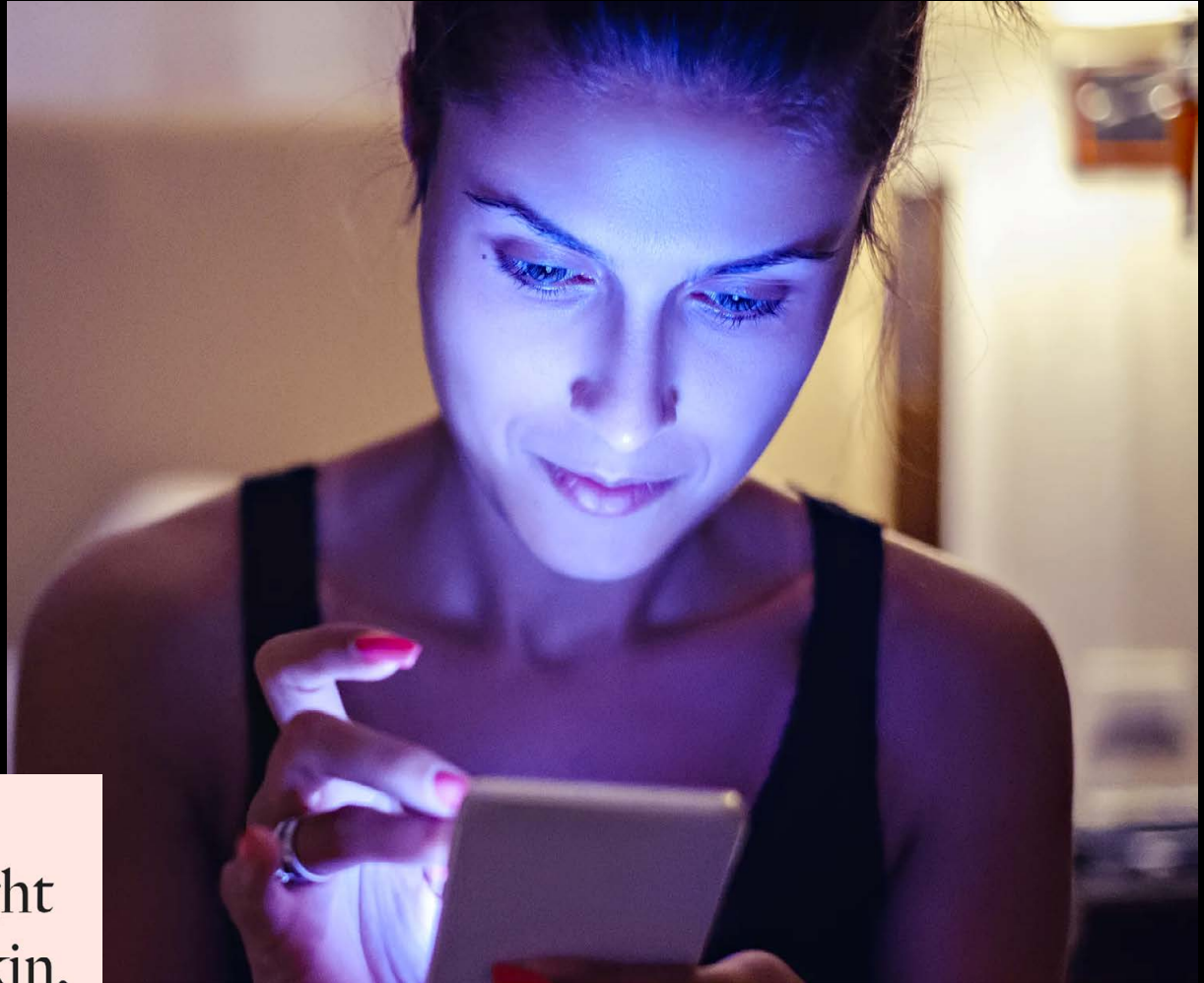
“Aalter in East Flanders is the second city in the world to install red street lighting to help animals avoid becoming confused. Bright streetlamps can affect the internal body clock of certain species of wildlife, who are not sure if it is daytime or night-time.” - www.thebulletin.be

Ook het blauw licht van je smartphone of computer is dus ongezond (als het buiten donker is)



(je lichaam denkt dat de zon helder schijnt)

De korte lichtgolven beschadigen je huid



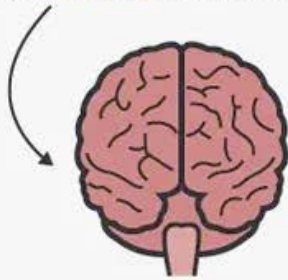
DIGITAL DETOX

How Your Phone's Blue Light
Could Be Damaging Your Skin,
According to Dermatologists

**Denk aan je gezondheid en
Schakel ze op tijd UIT**



The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



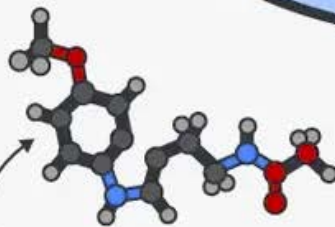
A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.



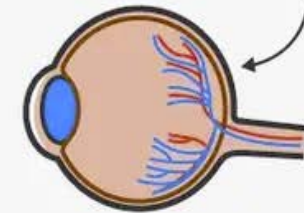
People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.



There's some evidence that blue light could damage our vision by harming the **RETINA** over time – though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



Artificial light at night alters behavior in laboratory and wild animals

Kathryn L.G. Russart  Randy J. Nelson

First published: 28 May 2018 | <https://doi.org/10.1002/jez.2173> | Citations: 31

[Read the full text >](#)

 PDF  TOOLS  SHARE

Abstract

Life has evolved to internalize and depend upon the daily and seasonal light cycles to synchronize physiology and behavior with environmental conditions. The nightscape has been vastly changed in response to the use of artificial lighting. Wildlife is now often exposed to direct lighting via streetlights or indirect lighting via sky glow at night. Because many activities rely on daily and seasonal light cues, the effects of artificial light at night could be extensive, but remain largely unknown. Laboratory studies suggest exposure to light at night can alter typical timing of daily locomotor activity and shift the timing of foraging/food intake to the daytime in nocturnal rodents. Additionally, nocturnal rodents decrease anxiety-like behaviors (i.e., spend more time in the open and increase rearing up) in response to even dim light at night. These are all likely maladaptive responses in the wild. Photoperiodic animals rely on seasonal changes in day length as a cue to evoke physiological and behavioral modifications to anticipate favorable and unfavorable conditions for survival and reproduction. Light at night can mask detection of short days, inappropriately signal long days, and thus desynchronize seasonal reproductive activities. We review laboratory and the sparse field studies that address the effects of exposure to artificial light at night to propose that exposure to light at night disrupts circadian and seasonal behavior in wildlife, which potentially decreases individual fitness and modifies ecosystems.

Research paper

Screen use before sleep and emotional problems among adolescents: Preliminary evidence of mediating effect of chronotype and social jetlag

Lei Yue^a , Naixue Cui^a  , Li Jiang^b, Naisong Cui^c

Show more 

 Add to Mendeley  Share  Cite

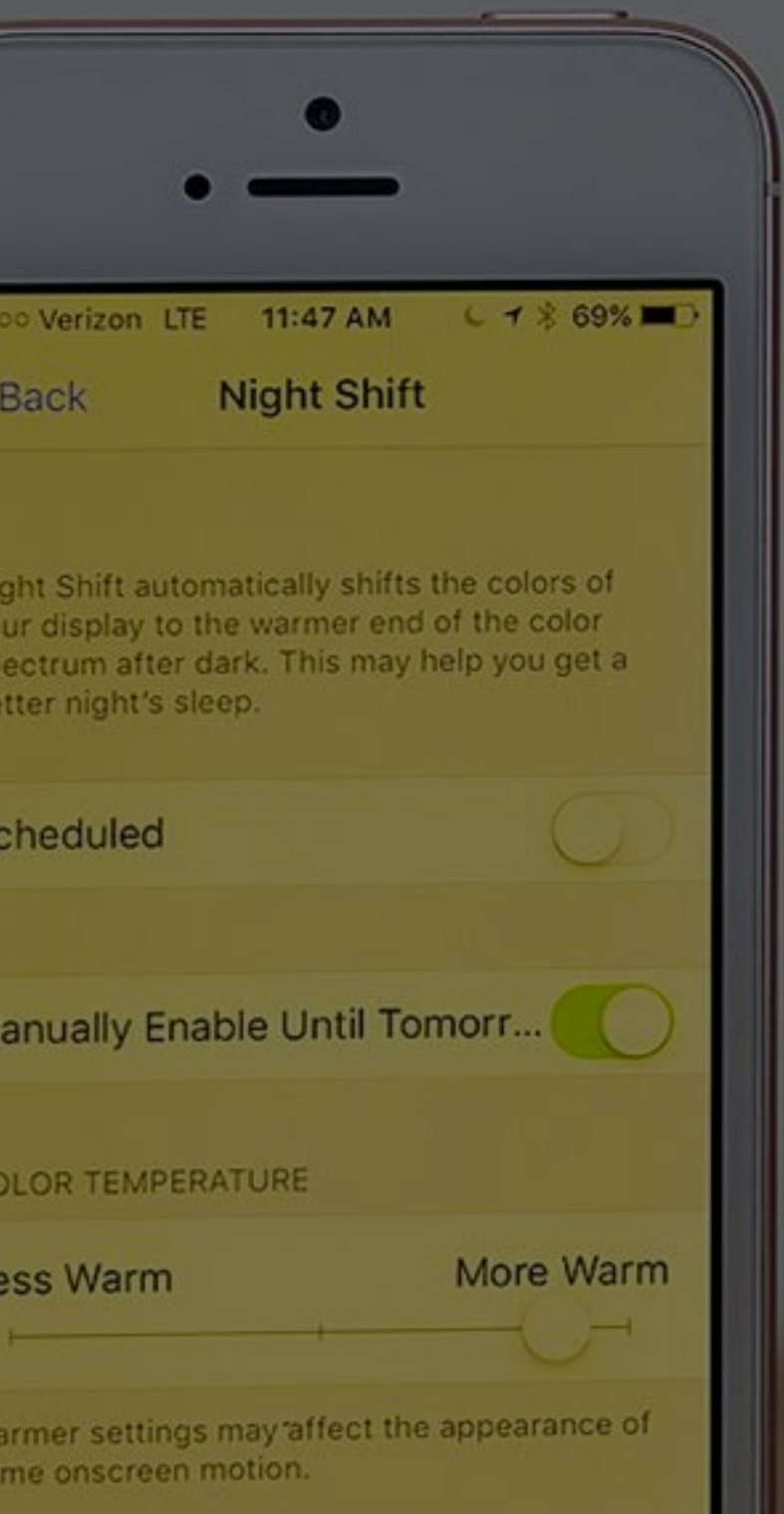
<https://doi.org/10.1016/j.jad.2023.02.049> 

[Get rights and content](#) 

Abstract

Background

Screen use before sleep is shown to be positively related to emotional problems.



Oplossingen

Night Shift

Filtert blauw licht
uit je iPhone/iPad

Plan in functie
van zonsopgang
en zonsondergang.

in winter
vanaf 17u - 8u

in zomer
vanaf 21u - 6u

18:14



< Vorige

Night Shift

Met 'Night Shift' worden na zonsondergang automatisch warmere kleuren uit het kleurenspectrum op je scherm weergegeven. Dit kan bijdragen tot een betere nachtrust.

Gepland



Van
Tot

19:00
07:00

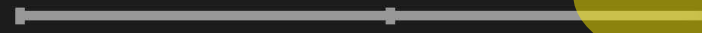


Zet handmatig aan tot morgen



KLEURTEMPERATUUR

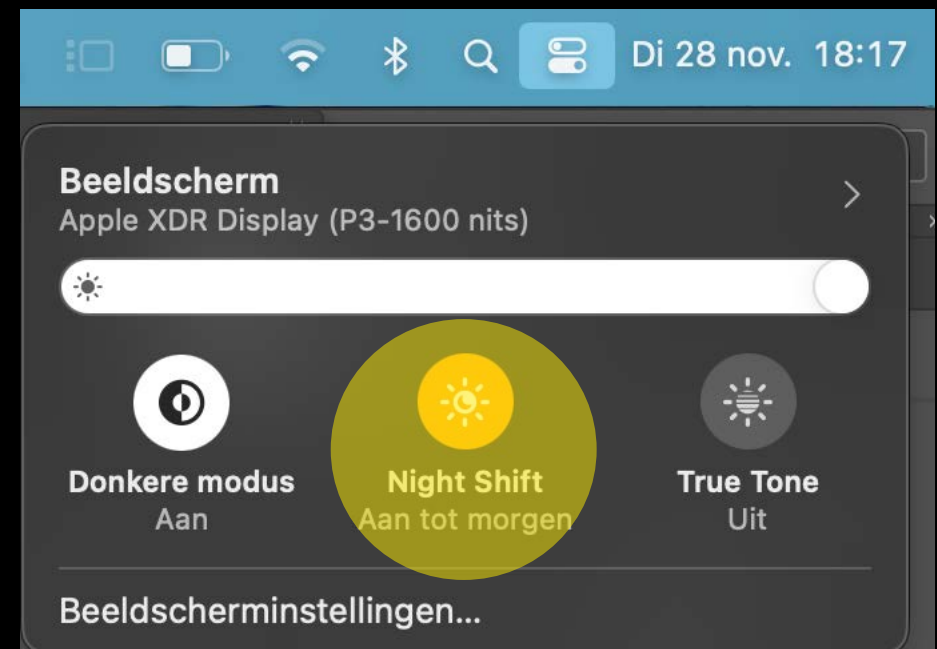
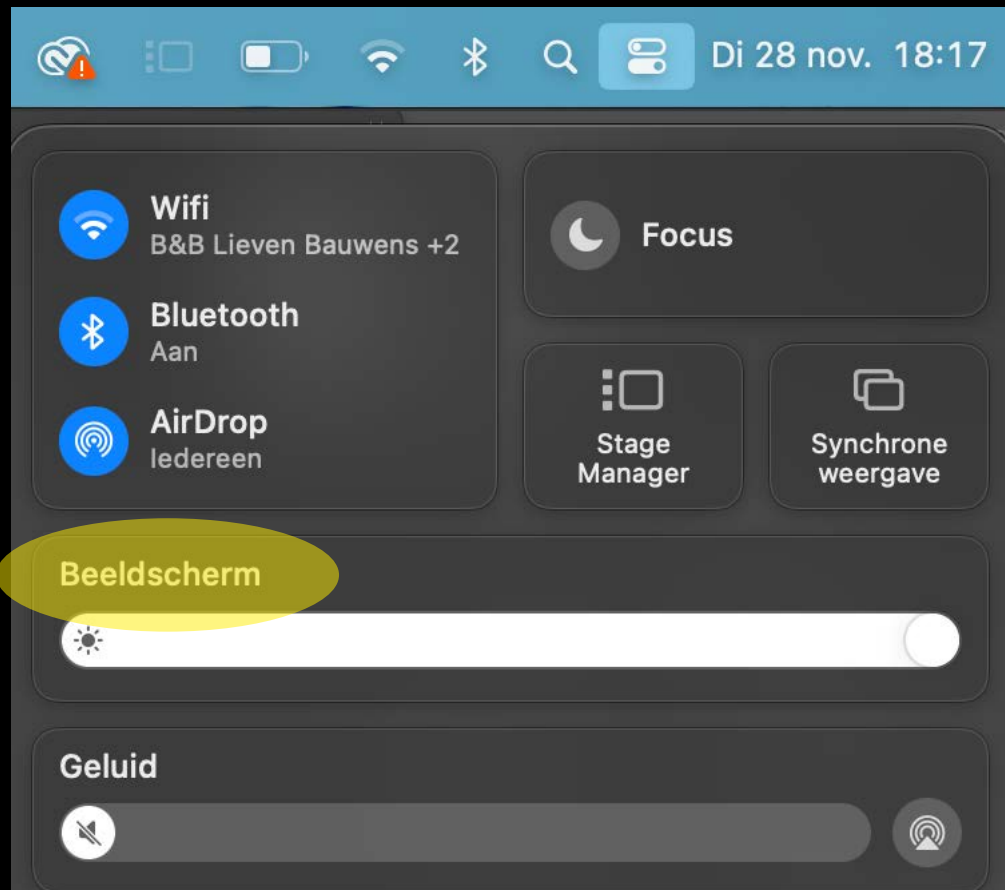
Minder warm



Warmer

Night Shift

Stel ook in op je Mac

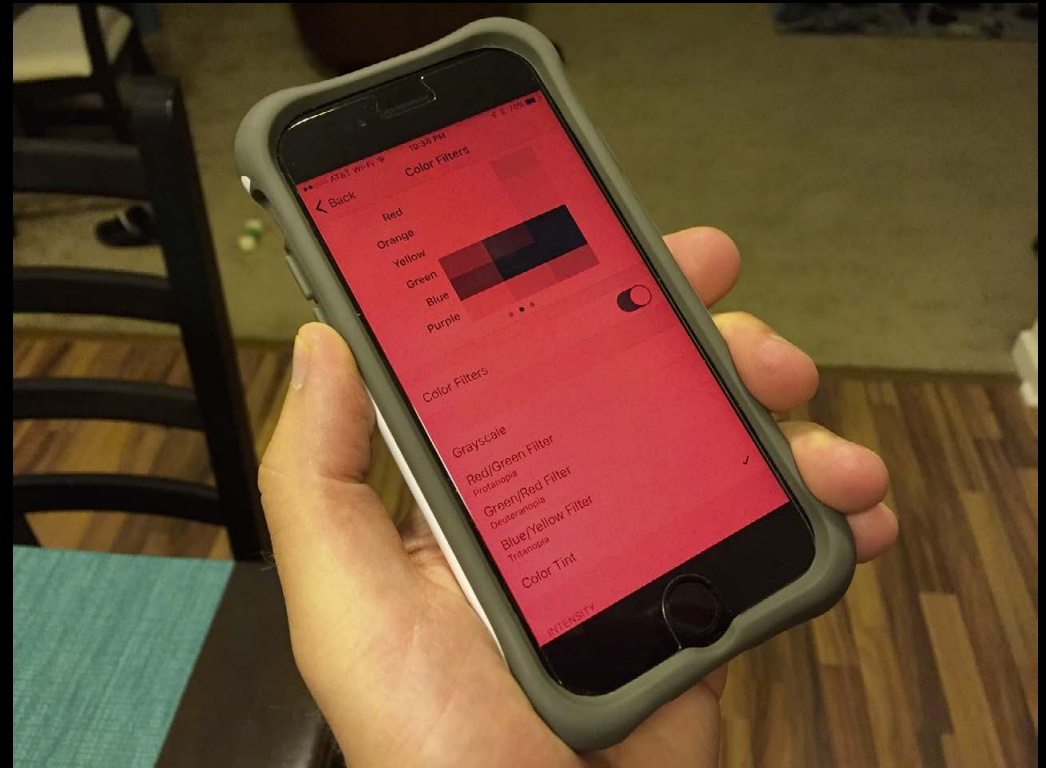


Kleurfilter

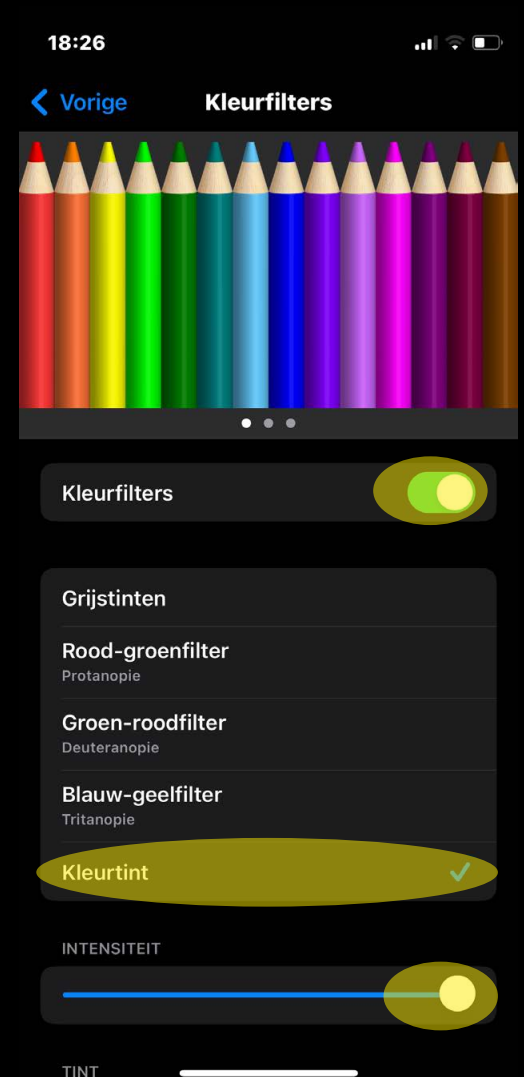
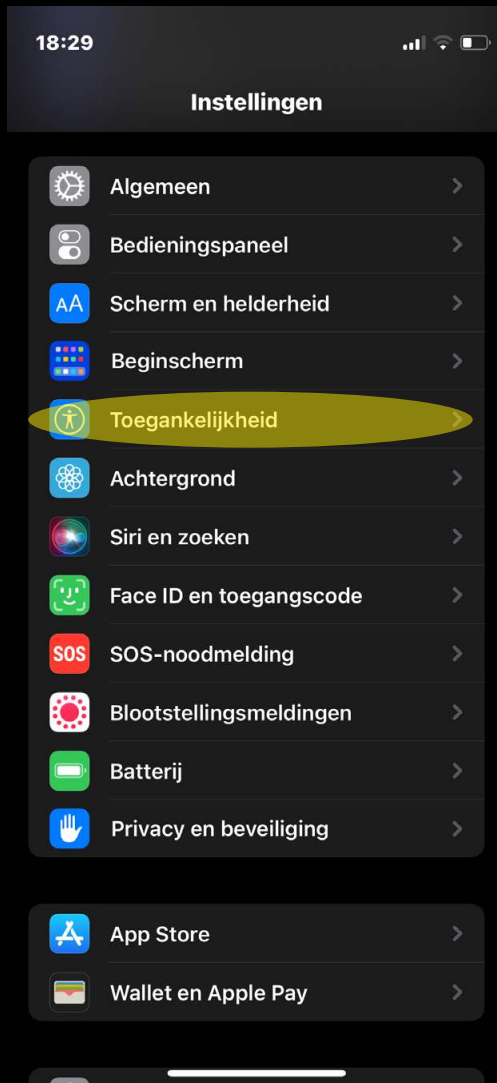
Night Shift niet perfect
want filtert niet alle blauw licht weg

Wat dan wel?

Een rode kleurfilter!

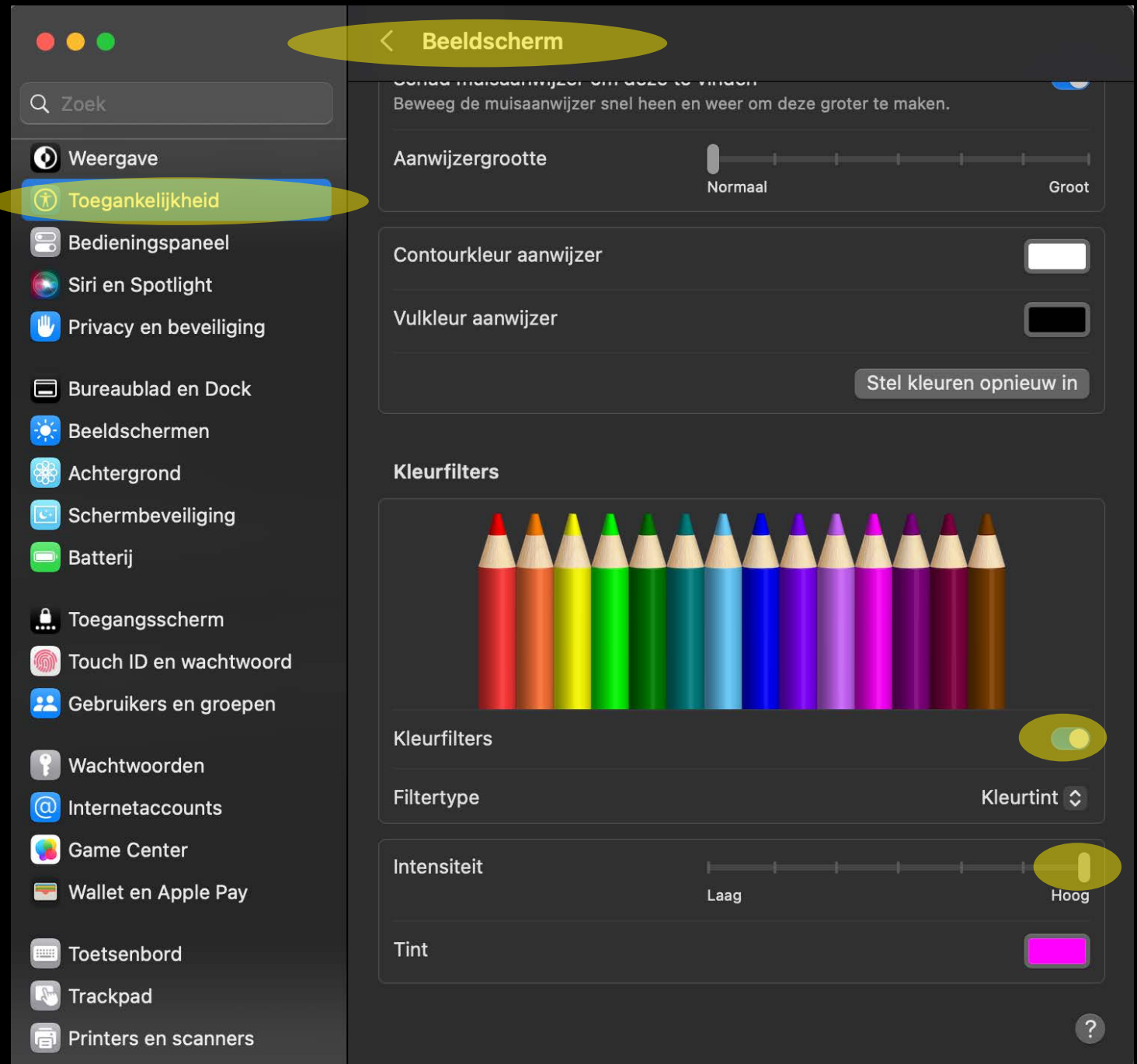


Kleurfilter



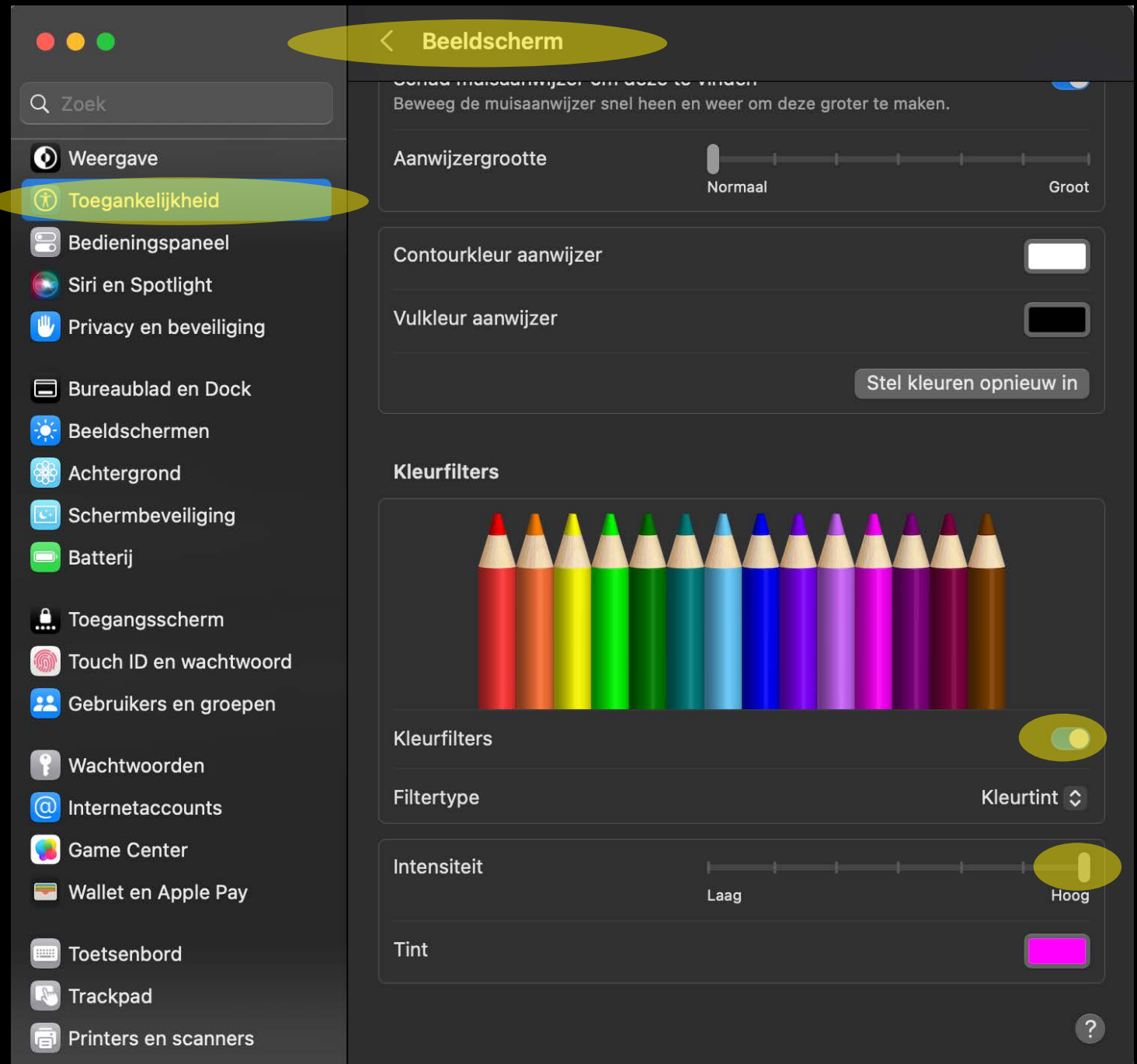
Kleurfilter

Mac: Stel in via Instellingen- scherm



Kleurfilter

Mac: Stel in via Instellingen- scherm



TIP

**Via
instellingenmenu:**

**schakel
activeringsknop
in om de rode
kleurfilter
gemakkelijk
in te schakelen**

(3x op zijknop drukken)



Thuis

Haal een rode
lamp in huis

(evt. met infrarood-
functie)



