



# NeuRA

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## BIPOLAR DISORDERS Factsheet

November 2021

### What are blue light blockers?

Exposure to blue light affects circadian rhythm, and night time exposure can lead to insomnia via dysregulation of melatonin. Blue light blocking glasses have been found to prevent light-induced suppression of melatonin release. The glasses are worn continuously for two to three hours before turning the lights off to sleep with the aim of improving sleep. It is thought that this may also improve mood in people with bipolar disorder.

### What is the evidence for blue light blockers?

Moderate to low quality evidence suggests blue light blocking glasses may improve mania symptoms and sleep in people with bipolar disorder, although sample sizes are small. More research is needed.



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*NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.*

*Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.*

*Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.*

*While we hope you find this information useful, it is always important to discuss any questions about bipolar disorder or its treatment with your doctor or other health care provider.*

For more information see the technical table

### HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at [www.neura.edu.au](http://www.neura.edu.au).

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