How To Hack Your Smartphone, PC & Laptop For Better Sleep



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Why filter artificial light in the first place?

Do your eyes ever feel tired, sore or fatigued during the night when you're looking at your smartphone, tablet, PC or Laptop?

Do you ever notice that it takes you or your children longer to wind down and fall asleep after using devices in the late evening?

A lot of this is caused by poorly timed exposure to blue light from LED screens.

Blue light is part of the visible light spectrum (380nm-550nm) that impacts your circadian rhythm.

During the daytime, sunlight contains large amounts of necessary blue light that stimulates our brain and body so that we can be alert, focused and active.

For over 3 decades, scientific studies have shown that poorly timed exposure to blue light (and to an extent also green light) at night results in serious problems for our sleep.

This is caused by blue light's ability to block the secretion of the hormone melatonin (a master regeneration hormone that helps us to wind down, relax, sleep deeply and recover effectively).

Blue light at night also boosting levels of the daytime stress hormone cortisol, making us feel more alert (PS. we want plenty of cortisol during the hours of daylight, but not as nighttime approaches).

We're basically doing the opposite of what we should be to sleep well.

Viewing blue light at night stimulates our brains and keeping our body alert and stressed, meaning that our tech use in the evenings is damaging our health.

There is a way to solve this problem meaning we can use our devices at night and still wind down quickly, sleep deeply and wake up feeling refreshed and energised.

To do this we must ensure we only exposure ourselves to the types of light that don't interrupt our ability to produce melatonin and filter or remove the types that do.

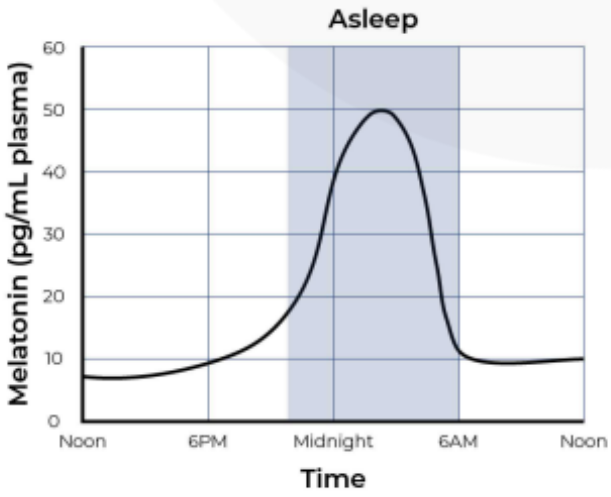
It's a really, really simple change and it's something that has profoundly impacted every single client that I have ever worked with.

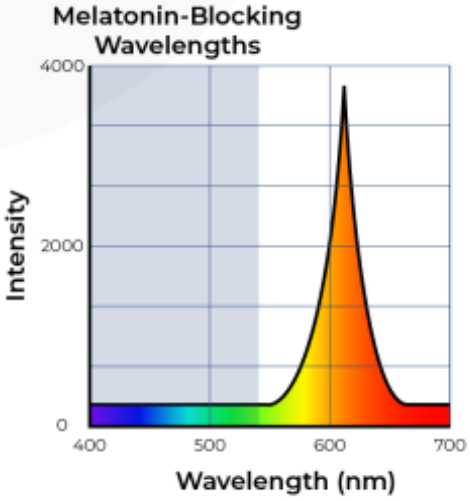
When we view light in the evening, we need to make sure that it's either amber or red light - research has shown that this can help us to wind down.

It's similar to sitting by a campfire in nature. Firelight was the only source of light that our ancestors would have been exposed to after sunset. It doesn't disrupt our circadian biology and destroy our ability to produce melatonin like artificial blue light does.

Thankfully, there are many technology programmes and simple changes we can make to our device settings that filter the blue and green light out so that we see only amber and red light at night.

Making these changes will create huge transformations to your sleep.







How to hack your Apple devices for better sleep

Step 1: Enter ‘Colour Filters’ into your Apple device’s search function.

Step 2: Select ‘Colour Filters’ in ‘Display & Text Size’ settings.

Step 3: Turn ‘Colour Filters’ to ‘On’.

Step 4: Select ‘Colour Tint’ and slide the ‘Intensity’ and ‘Hue’ bars all the way to the right. This will remove all of the blue and green light from your screen.

Step 5: With the colour change enabled, navigate back to your Apple device’s search function and enter ‘Accessibility Shortcut’.

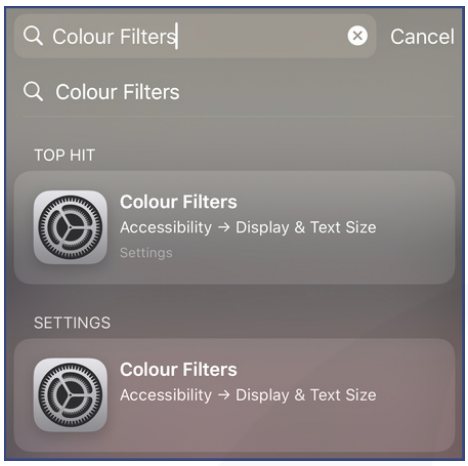
Step 6: Enable ‘Colour Filters’ in the ‘Accessibility Shortcut' settings, below where it says “TRIPLE-CLICK THE SIDE BUTTON FOR”. Make sure only ‘Colour Filters’ is selected.

Step 7: Triple clicking your Apple device’s home button will now instantly swap your screen back and forth between the filtered and unfiltered settings.

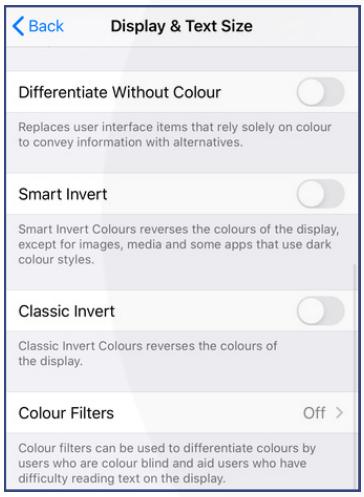
To get the best sleep possible, you should enable the colour filter mode in the evening for at least 2-3 hours before bedtime to boost melatonin by reducing exposure to the blue and green light.

Tip: you can activate this setting on all of your family’s iPads and iPhones.

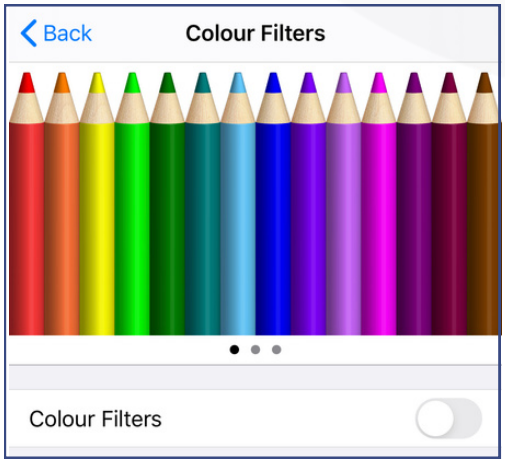
Step 1



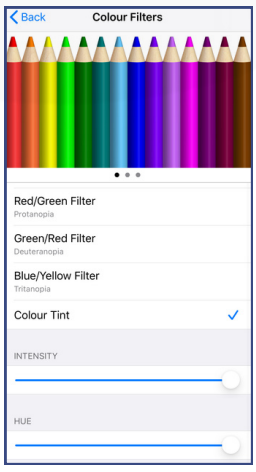
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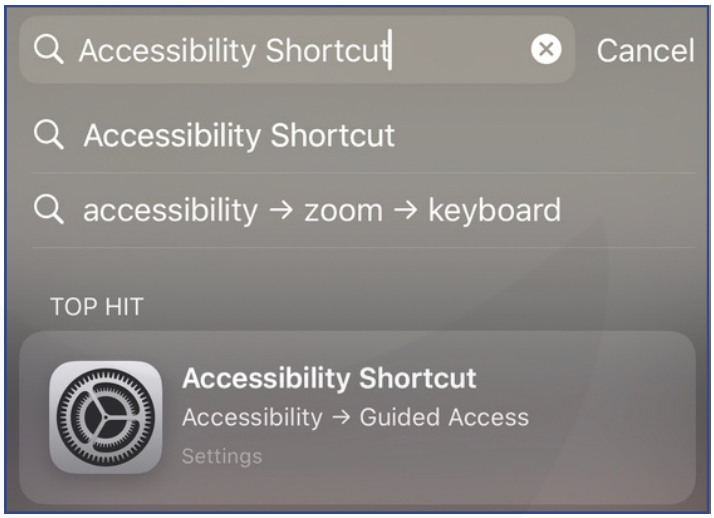
Step 3



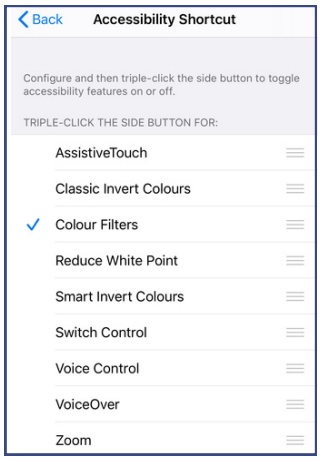
Step 4



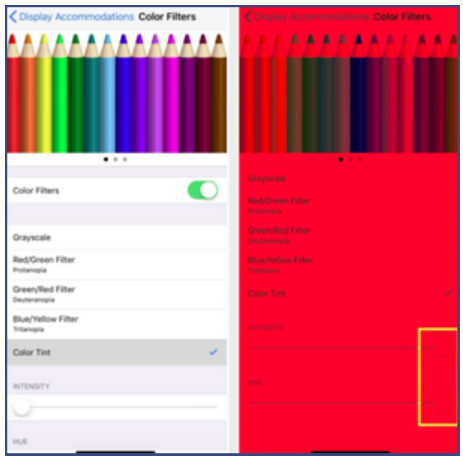
Step 5



Step 6



Step 7



How to hack your Android devices for better sleep

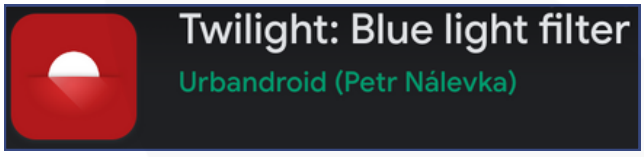
Using an Apple device has the fortunate benefit of manually enabling the light filtering hack described previously.

Android devices don't have this option, but there are a number of free apps that can be downloaded from the Google Play store that do similar things to help improve your sleep.

Check out one of the following two programmes. Both are useful, but Twilight can be a bit more complicated than Blue Light Filter as it has more features to play around with to customise the lighting.

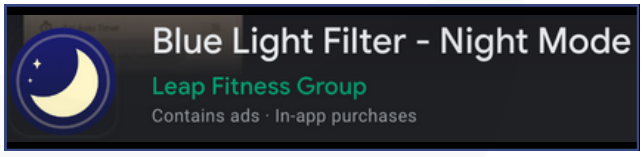
Whichever you decide, make sure you download and use one of these apps if you want to sleep deeper and wake up feeling more energised.

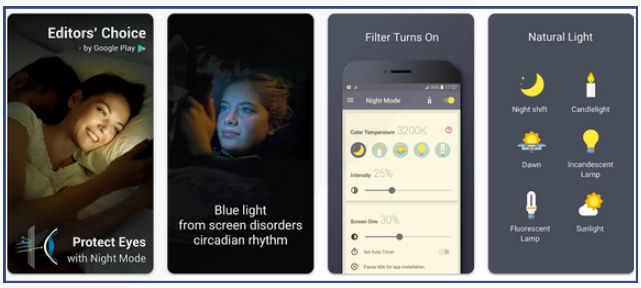
Twilight: Blue light filter





Blue Light Filter - Night Mode





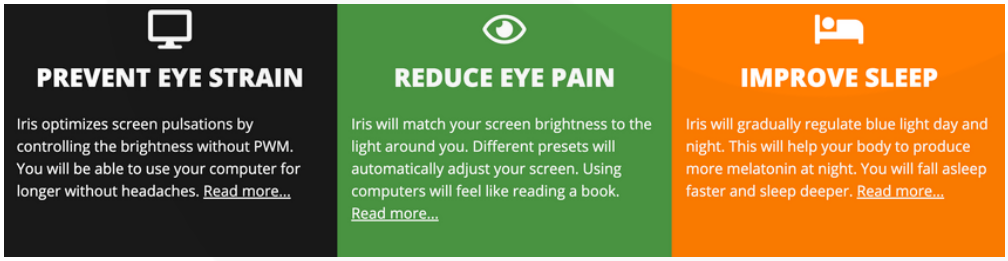
How to hack your Laptop or PC for better sleep

Iris Technology

Iris is the absolute best programme for filtering light to protect eye health and improve sleep. After the 7-day free trial, a pro subscription to Iris will set you back $15. Clicking any of the links in guide will get you a 10% discount on the premium version.



Iris is far better than free versions of similar software due to a number of additional features that other programmes don't have.



To learn more about how Iris can product your eyes and improve your sleep, check out this short YouTube video below (click to view).





Excess blue light from your computer monitor can be a serious threat to your biological health. Fortunately Iris software can eliminate virtually all of the risk through its innovative approach. I use it on all my computers and encourage you to do the same. It is clearly the best software on the market to control your blue light exposure.

DR. MERCOLA

Founder Mercola.Com, World Most Visited Natural Health Site

★★★★★



I have tried just about every piece of blue light blocking and eye health software that exists and nothing even comes close to Iris.

BEN GREENFIELD

Founder BenGreenfieldFitness.Com. New York Times Bestselling Author. One Of The Top 100 Most Influential People In Health And Fitness

★★★★★



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