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## THE INFLUENCE OF BLUE LIGHT ON MELATONIN LEVELS

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## ABSTRACT

**Purpose:** This study seeks to review published research on possible effects of blue light on melatonin secretion as well as blue light contributing to disruption of circadian cycle.

**Methods:** The scoping review was conducted of the published literatures and articles on the effect of blue light exposure on melatonin secretion. This scoping review was conducted based on the guidelines provided by the Preferred Reporting Items for Systemic reviews and Meta-Analysis(PRISMA). Four electronic bibliographic databases were searched using specific keywords. Relevant articles published were identified. This review undertook in three stages (1) title screening, (2)abstract screening, and (3) full- text screening. The test results were tabulated and summarized descriptively.

**Results:** A total of 800 literatures were identified after literature search of which 12 were selected for data extraction, after screening. All the articles included in this study showed that blue light exposure can suppress melatonin levels and disturb circadian rhythm.

**Conclusion:** Conclusion is that blue light is causing suppression of melatonin and disturbing the sleep wake cycle.







