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Best Blue-Light Blocking Glasses of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Trent Carter, founder and nurse practitioner at Curednation, highlights the importance of blue-light blocking glasses. He explains, “Exposure to blue light, especially in the evening, can negatively impact sleep by disrupting the natural circadian rhythm. Blue-light blocking glasses help mitigate this effect by reducing the amount of blue light exposure before bedtime.”

If you’re looking for the best blue-light blocking glasses to help you get restful sleep, our recommendations below include a range of choices to suit various styles and budgets, with both prescription and nonprescription options available.

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Best Overall

Block Blue Light NightFall Wayfarer Blue Bloc...



PROS:

- ✓ Blocks both blue and green light

CONS:

- ✗ Red lenses aren't very discreet

[Buy From Block Blue Light](#)

- ✓

Comes with a carrying case and lens cloth
- ✗

Prescription lenses cost an additional \$75
- ✓

Impact- and scratch-resistant

The NightFall Wayfarer Blue Blocking Glasses block more than just blue light. They also block green light, which is directly next to blue light on the color spectrum and can also disrupt the body’s production of melatonin, [according to scientific studies](#). The Nocturnal Red 550 Lens is able to block all blue and green light between 400 and 500 nanometers. These glasses can be customized with prescription or reader lenses to match your specific vision needs, but they’re also available with nonprescription lenses for those who only require the blue- and green-light blocking capabilities. All the prescription and nonprescription options have red lenses.

The glasses offer an impact- and scratch-resistant design for lasting durability. The frames also have spring hinges to give them a wider range of motion and make it less likely that you’ll accidentally snap the hinge when putting on or taking off the glasses. Each purchase comes with a foldable carrying case and a lens cloth.

Specs

List Price:	Starting at \$89.95 (Nonprescription)
Frame Material:	Plastic
Sizes:	One size
Prescription Option:	Yes

[Buy From Block Blue Light »](#)

Best Budget

Okany Blue Light Blocking Glasses »



PROS:

- ✓ Inexpensive
- ✓ Lightweight frames
- ✓ Shatterproof design

CONS:

- ✗ No prescription option
- ✗ Doesn't come with a case

[Buy From Amazon](#)

With the Okany Blue Light Blocking Glasses, you can protect your eyes from harmful blue light and avoid interfering with your body's melatonin production without spending a fortune. The glasses cost less than \$20 and feature yellow-tinted lenses to absorb blue light. They also have a lightweight frame made from ultraviolet-treated (UV-treated) polycarbonate plastic. The material is shatterproof, durable, and easy to clean. The glasses also have an anti-reflective coating to further protect your eyes and help you see clearly when wearing them.

These glasses can benefit anyone who spends time in front of a screen at night, but they’re designed for gaming. Their shape, with large square lenses, is compatible with most [gaming headsets](#) and won’t block your field of vision or interfere with your ability to play your favorite games. The unisex design can be worn by anyone. However, you cannot get these with prescription lenses.

Specs

List Price:	Starting at \$18.99 (Black)
Frame Material:	Polycarbonate plastic
Sizes:	One size
Prescription Option:	No

[Buy From Amazon »](#)

Best Prescription

Warby Parker Armando Glasses »

**PROS:**

- ✓ Available with or without prescription lenses
- ✓ Silicone nose pads for comfort and slip resistance
- ✓ Two finish options for frames

CONS:

- ✗ Pricey
- ✗ May be too narrow for wide faces

[Buy From Warby Parker](#)

If you're looking for prescription blue-light blocking glasses, then take a look at the Warby Parker Armando Glasses. Choose from four different lens types: single-vision, progressives, readers, and nonprescription. The lenses are made from polycarbonate, an impact-resistant material. They're further protected with anti-reflective and scratch-resistant coatings. Plus, Warby Parker offers a free replacement for scratched prescription lenses within six months of the purchase date.

The Armando frames are made from durable stainless steel. You can choose either a Polished Gold or Polished Silver finish depending on your preferences. The frames also feature silicone nose pads to help keep them in place on your nose. Each purchase comes with a frame case and a lens cleaning cloth.

Specs

List Price: Starting at \$195 (Single-Vision, Standard, Blue-Light Filtering, Polycarbonate; Nonprescription, Blue-Light Filtering, Polycarbonate; or Readers, Blue-Light Filtering, Polycarbonate)

Frame Material: Stainless steel

Sizes: One size (Medium)

Prescription Option: Yes

[Buy From Warby Parker »](#)

Best for Glasses Wearers

Swanwick Fitover Night Swannies »

PROS:

- ✓ Easily fits over existing prescription eyewear
- ✓ Spring hinges offer a comfortable fit
- ✓ Orange-tinted lenses blocks more blue light

CONS:

- ✗ Just one color available
- ✗ Not suggested for continuous wear throughout the day

Buy From Swanwick

If you’re a glasses wearer, you don’t necessarily have to buy prescription blue-light blocking glasses. Instead, these Fitover Night Swannies easily mount to your existing frames. They’re lightweight for comfortable wear.

These glasses, which feature anti-reflective coatings, are designed to block between 99% and 100% of blue light in the evening to help you get better quality sleep – simply put them on an hour or two before bedtime, and take them off once you’re ready to hit the hay.

Swanwick also makes Fitover Day Swannies, which are better suited for continuous wear throughout the day. Unlike the Night Swannies, however, the Day Swannies aren’t intended to help with sleep.

Specs

List Price:	\$89
Frame Material:	BPA-free acetate plastic
Sizes:	Regular, Large
Prescription Option:	N/A (fits over prescription glasses)

Buy From Swanwick »

Best for Style

Felix Gray Carver Glasses »



PROS:

- ✓ Four frame color options
- ✓ Clear lenses to prevent color distortion
- ✓ Anti-glare coating

CONS:

- ✗ Can get expensive with prescription options
- ✗ Not available in multiple sizes

[Buy From Amazon](#)

The sophisticated frames of the Felix Gray Carver Glasses make them a stylish choice for use at work or home. The brand offers these hand-finished organic acetate frames in four different colors, allowing users to find an option that suits their style. Choose from Black, Artichoke, Midnight Surf, and Mahogany.

The glasses use a proprietary blue-light filtering solution to protect your body's production of melatonin so you're able to get a peaceful night's sleep.

Unlike some other blue-light filtering glasses that are tinted, the lenses on these are clear, meaning you can view your surroundings without any color distortion. They’re covered with an anti-glare coating with prescription (single vision and progressives), reading, and nonprescription options available.

Specs

List Price:

Starting at \$98 (Nonprescription Lenses)

Frame Material:

Organic acetate plastic

Sizes:

One size

Prescription Option:

Yes

[Buy From Amazon »](#)

Best for Features

Pixel Argo Glasses »

**PROS:**

- ✓ Superhydrophobic technology that reduces smudges
- ✓ Anti-glare coating
- ✓ 100% UV protection
- ✓ Silicone nose pieces for comfort

CONS:

- ✗ May be too wide for narrow faces
- ✗ No prescription option

[Buy From Pixel](#)

The Pixel Argo Glasses are packed with features. First, the handcrafted stainless steel frames offer enhanced durability, helping you get the most out of your purchase. They're designed with silicone nose pieces to help the frames stay in place so you aren't constantly adjusting them.

With anti-glare coatings on the lenses and 100% UV protection, you can wear these glasses without worry in a variety of environments. Plus, the Pixel Argo Glasses use a superhydrophobic technology that reduces pesky smudges as well as water and dust. Apart from functionality, these unisex glasses also

have a stylish and timeless look with their aviator frames and slightly tinted lenses.

Specs

List Price:	\$95
Frame Material:	Stainless steel
Sizes:	One size (Medium-Wide)
Prescription Option:	No

[Buy From Pixel »](#)

The Bottom Line

Some turn to blue-light glasses to help them achieve better quality sleep. As Dr. Devika Bhushan, a physician and public health leader based in California, explains, blue-light blocking glasses “block the blue wavelengths of light that wake our brains up.” We chose the Block Blue Light NightFall Wayfarer Blue Blocking Glasses as our top pick because they block both blue and green light, they’re scratch- and impact-resistant, and they’re available with both prescription and nonprescription lenses, making them suitable for many users. Whether you’re looking for a standard pair of glasses or need a prescription option, you should be able to find a pair that suits your needs on our list.

Things To Consider When Buying Blue-Light Blocking Glasses

Comfort and Fit: The blue-light blocking glasses you purchase won't be able to deliver any benefits if you don't actually wear them. For this reason, you'll want to prioritize comfort and fit when deciding which pair to purchase. Look for lightweight frames. Also, no one wants to continuously push glasses back up over their eyes, so you may want to opt for a pair with a nonslip nose piece. When possible, try the glasses on before making a purchase. You want them to feel snug without being so tight that they hurt your ears or head.

Prescription Option: Some blue-light blocking glasses are available with prescription lenses, while others aren't. If you wear prescription glasses, especially for computer work, then you might want to look for a pair that can be customized to your precise vision needs. Otherwise, you may need to wear the blue-light glasses over your existing prescription glasses. This can feel cumbersome, and you may not wear the glasses enough to really benefit from their blue-light blocking capabilities.

In some cases, you may be able to have blue-light blocking technology integrated into a pair of prescription glasses. Carter shares, "Many optical stores and online retailers offer blue light-blocking technology in prescription lenses. This allows individuals with vision correction needs to benefit from both blue light protection and improved visual acuity." However, if you're looking for a darker-tinted pair of blue-light blocking glasses, then you'll likely want to have two separate pairs.

Style and Aesthetics: As with any pair of glasses, you want to choose one that fits your style. Everyone has different preferences when it comes to frame shape and color. While some prefer a thin frame with small lenses, others prefer thicker frames with larger lenses. Similarly, some like plastic frames, while others would rather have a metal frame.

Purchasing glasses online can be tricky because you're not always able to see how the glasses actually look on you. Some retailers offer a virtual try-on feature to help customers see how they'll look in different glasses. This may be a feature you want to look for when shopping.

Additional Features: Consider whether or not there are any additional features you want to see in the glasses you purchase. Carter recommends looking for blue-light blocking glasses with an anti-reflective coating. He says that this "can help reduce glare and reflections, providing a clearer view and minimizing eye strain."

He also suggests making “sure the glasses also offer protection against ultraviolet (UV) rays, as prolonged exposure to UV light can contribute to eye damage.”

How We Chose the Best Blue-Light Blocking Glasses

To help us curate our recommendations for the best blue-light blocking glasses, we reached out to experts: Trent Carter, founder, licensed nurse, and family nurse practitioner at [Curednation](#), and [Dr. Devika Bhushan](#), a physician and public health leader based in California. In addition to considering their input, we looked into feedback from professional reviewers and ratings left by everyday customers. Our final list includes recommendations to match different styles, prescriptions, and budget needs.

WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. [Deirdre Mundorf](#), the author of this piece, has five years of experience writing product reviews. She previously worked as an elementary school teacher for more than a decade, so she understands the importance of having the right tools and devices – whether it be for school or the workplace – to succeed. Mundorf regularly contributes to U.S. News 360 Reviews and has also written for several other online publications, including Bob Vila, USA Today, and House Digest.

FAQ

How do blue-light blocking glasses work?

+

When should I wear blue-light blocking glasses?

+

How long should I wear blue-light blocking glasses?

+

Can blue-light blocking glasses help reduce headaches or eyestrain?

+

Can blue-light blocking glasses help improve sleep quality?

+

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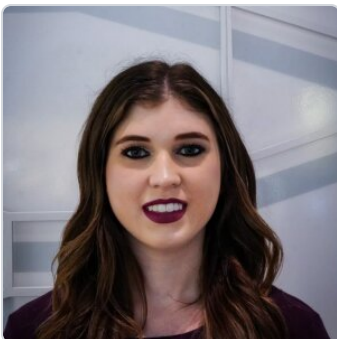
Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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