



# How Too Much Screen Time Can Impact Your Skin During Pregnancy

Blue light emitted from screens can be detrimental to the quality of your skin. Here's how to protect yourself.

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Pregnancy can present special challenges for women as hormones assist the woman's body with getting ready to support another entire life and deliver a baby. Skincare can become a bit more challenging during this phase of life.

However, one thing that pregnant mummies might not be aware of is that their skin could be affected from how much time they spend in front of a screen. Because pregnant women's skin is more vulnerable from stretching and hormonal changes, the "blue lights" a short-wave light length that computer screens, iPhones, iPads, and other electronic devices emit, could create even more havoc during pregnancy. While the literature supporting this claim is not exactly rigorous, it never helps to consider the effects of blue lights on the skin during pregnancy, at a time where the collagen is stretched and hormones can affect the skin.

# The Findings On The Effects Of Too Much Screen Time On The Skin



According to Philadelphia Magazine, electronic devices emit blue light that has a short wavelength from their screens. This could cause oxidative stress in the skin, which in turn leads to damaged DNA and premature ageing. "Additionally, the oxidative stress our skin undergoes due to increased exposure to blue light can lead to skin discoloration and hyperpigmentation, according to Margo Weishar, founder of and dermatologist at Springhouse Derm."

These claims, though, should be considered with caution. Blue light therapy is a treatment administered by dermatologists, an article in the Journal of Biomedical and Physics Engineering reported. However, the article also stated that blue light, "at high levels," could have "adverse effects in human skin." Yet, what those levels are has not been determined.

In addition, a study in the Lasers in Surgery and Medicine journal demonstrated that dousing human cells in the light typically generated from electronic devices caused an increase in "oxygen species generation," but the effects were short-term. Basically, this indicates that there was an increase in free radicals. According to Healthline, free radical oxygen molecules through the process of oxygenation are usually held in check with the antioxidants available in the body. When free radicals are in abundance and outnumber the amount of the antioxidants, this is when inflammation and damage to human cells can occur.

This area certainly needs further study in order to definitively determine that a lot of screen time causes oxidative stress. Also, the long-term effects of blue light from electronic devices have not yet been determined.

# It Never Hurts To Use Caution



While the findings from the literature do not clearly determine if the blue light from electronic devices will cause skin damage for pregnant women, it doesn't hurt to take some precautions in case you have to spend a lot of time in front of a computer screen during your pregnancy. Since hyperpigmentation is a worry that can crop up during pregnancy, it seems that limiting screen time would be a smart option if repeated, long-term exposure to blue lights from electronic devices could encourage hyperpigmentation.

Philadelphia Magazine also recommends using a cream with sunscreen even while indoors. There are many face creams that contain sunscreen, so this added measure is not difficult to maintain with your skincare routine, but by simply getting up from your workstation every so often and taking breaks, you can be limiting your exposure to blue light.