Blue in the Face: F.Lux App

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EXTRA EXTRA!

Are you blue in the face?

It's hard not to turn into a zombie staring into your BLUE computer, iPad and phone screens all day. Right? It can actually mess with your mind and make you think it's daytime, which is why some people have problems falling asleep after too much time spent on Jezebel.

F.lux is a pioneering new app that actually adjusts your computer screen color slightly, to match the time of day and amount of light in your room. It's free, too.

Download <u>here</u>, your bleeding eyes will thank you.