

## Singapore kicks off new project for reducing childhood myopia through light exposure app

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**The LightSPAN research project has a two-pronged approach to prevent myopia in childhood and adolescence**



TUMCREATE, a multidisciplinary research platform of the Technical University of Munich (TUM) in Singapore, and the Yong Loo Lin School of Medicine, National University of Singapore (NUS Medicine), kick off a new research project that examines the efficacy of optimising light exposure to reduce myopia prevalence among school-going children and promote resilient ageing through a novel smartphone delivered behaviour-changing programme.

This multi-disciplinary research project will lead to the rollout of an individually tailored, low-intensity behaviour-modification programme delivered through the smartphone application “LightUP”.

LightSPAN will look into testing and establishing evidence-based lighting designs and policy recommendations for myopiasafe classroom lighting.

To ensure successful translation of research outcomes, the research team will work with local health and education agencies such as the Ministry of Education, the Ministry of Health Office of Healthcare Transformation, the Ministry of Health Ageing Planning Office, and the Health Promotion Board.

Studies have revealed that light has a profound influence on human health, cognition and well-being. Exposure to bright light has also proven to provide strong benefits in reducing cognitive decline in dementia.