

Can You Improve Your Memory Using Red Light

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Abstract

Background: Is there any specific color of light that aids memory, mood or learning? There are articles that have proposed that red light improves cognition compared to blue or green light, while others have proposed the opposite. Thus we embark on a project to settle this controversy and find out which of the three colors of light actually improves memory, mood and learning. **Method:** Volunteers will be taken from students in the College of Medicine, Alfaisal University, young adults males, checked for color blindness, and have their baseline cognitive function assessed by Cognitive Performance Test (CPT). They will be randomly allocated to three groups, one for each color of light, and in an isolated room, during the biological evening, after being exposed to the corresponding colored light for 4 hours, they will be evaluated using CPT. The ambient lighting of each room will be measured using photometers to ensure constant saturation and brightness. **Results:** Means scores of CPT for the 3 groups will be compared, and if proven significantly different, will yield a favor for either one of the colored light. **Discussion:** The results can be used for lighting in classrooms, presentations, treating psychiatric disorders, making LCD screens for schools, etc.

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