Subject: Re: Lighting For Home Theater
Posted by Adveser on Fri, 24 Dec 2010 10:58:00 GMT
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Having bright lights reflected on a screen or any surface for that matter is what will damage your eyes. It's like having a high pitched squeal at all times to your eyes. Since my astigmatism has gotten worse over the years I really notice it now.

The old "reading in the dark" myth is classic, but it's still completely untrue.