

Overexposed:

Digital Eye Strain



The Dangers of Too Much Screen Time

We live in a digital age, and the constant exposure to technology has caused a spike in complaints of Digital Eye Strain.

55% of adults spend five or more hours per day using computers, smartphones, or tablets.¹

83% of children between ages 10-17 use electronic devices for three or more hours a day.¹

Digital Eye Strain is physical eye discomfort after prolonged exposure to a digital screen. It is most commonly experienced after two consecutive hours of exposure. Symptoms include:

- Blurred vision²
- Double vision
- Headaches²
- Dry eye²
- Neck and back pain²

Safety Tips

When you're using technology, keep these important eye safety tips in mind:

- Reduce the brightness of your screens.²
- Ask your eye doctor about blue light blocking lenses.²
- Take a break. The American Optometric Association suggests following the 20-20-20 rule. Take a 20-second break every 20 minutes and view something that is 20 feet away.¹

The information contained above is intended to be educational in nature, does not constitute medical advice, and should not be relied on as a substitute for actual professional medical advice, care, or treatment. If you have any vision or other health-related concerns, VBA encourages you to immediately contact your optometrist, ophthalmologist, or any other competent, licensed medical professional.

¹2014 American Eye-Q survey created and commissioned in conjunction with Penn, Schoen & Berland Associates (PSB).

²"Computers, Digital Devices and Eye Strain." American Academy of Ophthalmology. N.p., 01 Mar. 2016. Web. 09 Mar. 2016.