



Nearly 7 in 10  
Americans Suffer  
from Digital Eye Strain.



### Device Use in America

- Nearly 90% use digital devices for two or more hours each day
- 70% use two or more devices at a time
- Nearly 60% use digital devices for five or more hours each day
- 76% look at their digital devices in the hour before going to sleep.



### Children and Device Use

- 65% of parents report that their children (under the age of 18) spend two or more hours on digital devices on a daily basis.
- More than three-fourths of parents report being somewhat concerned about the impact of digital devices on children's developing eyes.
- 33% of children use a digital device three or more hours per day



### Do you experience any of these chronic, annoying symptoms?

- Headaches
- Tired or burning eyes
- Slow focusing
- Blurred vision at distance
- Dry eyes
- Neck, back or shoulder pain.

Data Source: The Vision Council 2016 Digital Eye Strain Report

## Computer Glasses Are Redefining the Primary Pair

Our consumption of media has changed drastically in just the past five years. More people are using multiple devices simultaneously. Children's textbooks are on tablets. Grandma is on Snap Chat. Beyond entertainment and social media, our workplace productivity requires even more digital media proficiency. On patient intake forms 8, 10, 12 hours per day in front of a screen are common responses. It is time to stop talking about computer glasses as the "second pair."

When most of the patient's waking hours are spent in front of a screen computer glasses are the primary pair. Many of the annoying, chronic conditions associated with Digital Eye Strain such as blurred vision, headaches and fatigue are likely plaguing your patients. Just as technology has posed challenges to vision care and correction, technology has also brought about solutions. There are several excellent choices in lens designs (iD Space, Screen, Zoom as well as Sync and Tact), materials (BluTech) and AR treatments (Recharge) that will help you help your patients. In addition, it is often advantageous to offer computer glasses as the primary pair when ordering through the larger vision plans.

It is 2019. The computer pair is redefining the primary pair of glasses.

**HOYA**  
**SEIKO**