



FOCUS ON EYE HEALTH

Protect Yourself Against Digital Eye Strain



It's the Vision Issue of the Digital Age

With the increase in technology in today's society, more than 80% of adults report they are spending at least two hours a day on digital devices and nearly 67% report using two or more devices simultaneously.¹

What exactly causes eye strain from these devices? Computer screens, smartphones, tablets, TV screens all emit blue light.² The blue light exposure from these screens is a concern because of our close proximity to the screens and the length of time we spend looking at them.

How can you help protect your eyes?

Follow these guidelines³ when spending significant time on digital devices:

- 1 Take regular breaks following the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something 20 feet away.
- 2 Situate your device approximately 25 inches (or arm's length) in front of you.
- 3 Consider a screen filter for the device you spend the most time using. A filter can help decrease the amount of blue light that reaches your eyes.
- 4 Computer glasses or an anti-reflective lens can increase contrast and help block blue light.
- 5 If your eyes are consistently red, blurry or watery, or they become painful or sensitive to light, see an eye care professional.

VBA offers benefits plans that provide easier access to vision care.

To learn more, visit vbaplans.com.

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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.

1, 4. The Vision Council (www.thevisioncouncil.org/content/digital-eye-strain) • 2, 6. Prevent Blindness (www.preventblindness.org/blue-light-and-your-eyes) • 3, 5. American Academy of Ophthalmology (www.aaopt.org/eye-health/tips-prevention/computer-usage)

Digital Eye Strain

is physical discomfort felt after two or more hours spent using a digital device.

Symptoms Include:

- Headaches
- Dry Eyes
- Blurred Vision
- Double Vision

Did You Know?



The average person blinks 15-20 times per minute, but studies show that we blink half as often when using digital devices.⁵



Approximately 59% of American adults report experiencing symptoms of digital eye strain.⁴



Blue light boosts alertness, disrupting your body's ability to fall asleep by suppressing production of melatonin, a sleep-inducing hormone.⁶