

Combat digital eye strain



Surrounded by smartphones, tablets, TVs, and even fluorescent lights, adults and children alike are exposed to an unprecedented level of blue light in today's world. Exposure to blue light has been linked to digital eye strain.



DID YOU KNOW?



Nearly **60%** of Americans use digital devices for **five or more hours a day**.¹



The average American **13-year-old** owns three digital devices and spends **70 hours** a week on screen time.²



80% of VSP optometrists report the effects of blue light exposure are increasing.³

4 TIPS TO REDUCE YOUR EXPOSURE

Get an eye exam.

Talk to your VSP eye doctor about your lifestyle and ask about the best options for reducing eye strain.

Maintain your digital distance.

This is highly important for kids since the intensity of light increases the closer our eyes are to the source. **Find a comfortable viewing distance from your screen.**

Follow the **20-20-20** rule.

Give your eyes a break every 20 minutes, and spend 20 seconds looking at something at least 20 feet away.

Limit screen time before bed.

Turn devices off a few hours before going to bed. Also, consider lowering the brightness of your screen or downloading an app that reduces blue light on your phone or tablet as the sun goes down.

Search for **blue light** at vspblog.com to learn more.

1. 2016 Digital Eye Strain Report, The Vision Council. 2. Americans and Blue Light: Results of 2016 VSP Blue Light Exposure & Awareness Survey. 3. 2016 VSP Annual Provider Survey

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