

BLUE LIGHT & KIDS

HOW HAS SCREEN TIME CHANGED SINCE THE PANDEMIC?

For all of us, especially kids, screen time has increased dramatically (according to recent studies and surveys):

**3 HRS/
DAY**

SPENT STARING AT
SCREENS, MORE IF THEY
ARE DISTANCE LEARNING

**6 HRS/
DAY**

ON SCREENS,
ACCORDING TO
50% OF PARENTS

85%

OF PARENTS
ARE WORRIED

WHAT IS THE HEALTH EFFECT OF ALL THIS SCREEN TIME?

The artificial blue light emitted by these devices has been shown to impact our kids health in a number of psychological and physiological ways:



Poor sleep



Eyestrain and
blurred vision



Behavioral issues



Headaches



Brain fog



Eye diseases like
macular degeneration

WHAT CAN YOU DO?

It's easy to decrease their exposure thereby,
improving their health



- 1** Wear glasses scientifically developed to block 95% of harmful blue light during the day and 100% at night
- 2** Turn off screens one hour before bedtime
- 3** Get sunlight to regulate the body's natural sleep/wake cycle