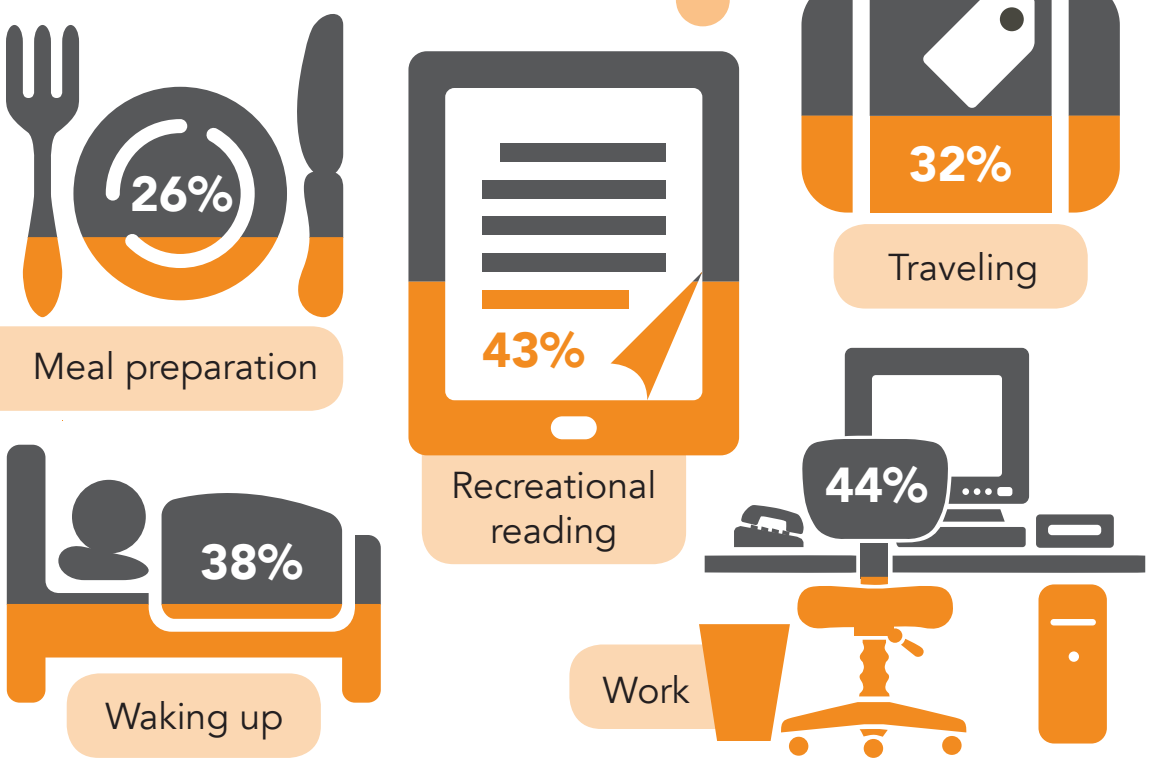
HINDSIGHT IS 20/20/20

Protect Your Eyes from Digital Devices

1/3 of adults **(30%)** spend most of their waking hours (9+) on digital devices

A majority of adults **(61%)** experience digital eye strain due to prolonged use of electronic devices

WHEN DO WE USE DIGITAL DEVICES?



SYMPTOMS REPORTED:

- Eye strain **(32.8%)**
- Neck/shoulder/ back pain **(32.6%)**
- Headache **(24%)**
- Blurred vision **(23%)**
- Dry eyes **(22.8%)**

72.5% of adults are unaware of the potential dangers of blue light to eyes

Born 1997–2014

1 in 4 kids

spends more than 3 hours a day using digital devices

More than 30% of parents who say they are very concerned about the impact of digital devices on children's eyes allow more than 3 hours of screen time daily

Born 1981-1996

2 in 5 Millennials

spends at least 9 hours on digital devices each day

Most millennials (85%) own a smartphone and a majority (57%) of them take their smartphones to bed and use them as alarm clocks

Born 1965-1980

1 in 3 GenXers

spends at least 9 hours on digital devices each day

More than 60% of GenXers report symptoms of digital eye strain

Born 1946-1964

1 in 4 Boomers

spends at least 9 hours on digital devices each day

Boomers are more likely to watch TV on a daily basis than other age groups (81% vs. 77% of GenXers and 68% of Millennials)

CAUSES OF DIGITAL EYE STRAIN	SOLUTIONS
Text on digital devices	Increase text size to better define the content on your screen
Blue light emitted from digital screens	Computer eyewear with blue light blocking lenses
Time spent staring at screen	Every 20 minutes, take a 20 second break, and stare at something 20 feet away
Work station distance and set up	When using a computer, sit in your chair and extend your arm. Your palm should rest comfortably on the monitor
Existing vision issues	Computer eyewear can be tailored to be occupational lenses or progressive lenses

1/3 of adults who experience digital eye strain don't do anything to alleviate their symptoms

THE VISION COUNCIL