

Avoid the Blue Light Blues



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. Excessive exposure to blue light may contribute to digital eye strain.

vsp
vision care

Did You Know?



Digital eye strain can be felt in as little as **two hours** of screen time.¹



Forty-eight percent of kids are now spending more than six hours online every day.²



Two-thirds of people in the U.S. experience digital eye strain symptoms.¹

Three Tips to Defend Your Eyes

Ask the Expert.

Talk to your VSP® network doctor about your lifestyle and ask about the best options for combating digital eye strain. Even if you don't wear corrective lenses, some blue light coatings are available for non-prescription eyewear.

Unplug before Bed.

Power down your devices before heading to bed. You may also want to consider lowering the brightness of your screen or enabling blue light filters such as night mode to help reduce the glare from your devices.

Give Your Eyes a Break.

Whenever you find yourself spending time looking at a digital device, be sure to take frequent breaks. Get up, stretch, and give your eyes a rest.



Scan the code or visit **vsp.com** to learn more.

1. Digital Eye Strain Report 2016, The Vision Council, November 2020. 2. Survey Shows Parents Alarmed as Kids' Screen Time Skyrockets During COVID-19 Crisis, ParentsTogether Foundation, April 2020.

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