

Digital Eye Strain

With the increasing use of digital devices, many individuals suffer from eye discomfort after prolonged screen use. This is known as digital eye strain, or computer vision syndrome.¹



Did you know that **83% of Americans use digital devices for at least 2 hours daily**. Adult Americans report experiencing the following symptoms of digital eye strain:²

32.4%
experience
eye strain

27.2%
experience
dry eyes

27.7%
experience
headaches

27.9%
experience
blurred vision

35%
experience
neck and
shoulder pain

Did you know that **70% of Americans report their children are exposed to digital devices for at least 2 or more hours daily** and experience the following symptoms:²

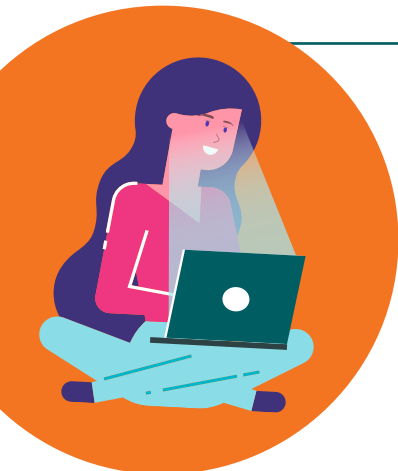
5%
experience
neck and
shoulder pain

8.8%
experience
headaches

9.1%
experience
dry, irritated
eyes

15.2%
experience
a reduced
attention span

27.9%
experience
blurred vision



Tips To Avoid Digital Eye Strain:³

- Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes.
- Position the computer screen to avoid glare.
- Enlarge the type for easier reading and adjust the contrast and brightness to a level that's comfortable for you.
- Take frequent breaks. Every 20 minutes, take your eyes off your screen. Look at something 20 feet away for 20 seconds.
- To minimize the chances of developing dry eye when using a computer, try to blink frequently. Blinking keeps the front surface of the eye moist.

Sources:

1. Computer vision syndrome. (No date). American Optometric Association. Retrieved May 2, 2023 from <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?ss=y>
2. The Vision Council Shines Light on Protecting Sight – and Health – in a Multi-Screen Era. (Jan. 7, 2019). The Vision Council. Retrieved May 2, 2023 from <https://thevisioncouncil.org/blog/vision-council-shines-light-protecting-sight-and-health-multi-screen-era>
3. Eyestrain: Diagnosis and Treatment. (Sept. 15, 2023). Mayo Clinic. Retrieved May 2, 2023 from <https://www.mayoclinic.org/diseases-conditions/eyestrain/diagnosis-treatment/drc-20372403>