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.

- 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.

- 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:**

The Vision Council recommends individuals and their child(ren) visit an eyecare provider to discuss their digital habits and what solutions are available to relieve the symptoms of digital eye strain.

- Be sure to get an annual eye exam to see if the eye strain is from digital devices and whether you need new prescriptions glasses or lenses.
- Take frequent breaks from using digital devices.
- Reducing overhead lighting to eliminate screen glare.
- Positioning yourself at arm’s distance away from the screen.
- Increasing text size on devices to make the screen more readable.
- Blink more and look away from the screen every 20 minutes.

Sources:
- [https://www.thevisioncouncil.org/content/digital-eye-strain](https://www.thevisioncouncil.org/content/digital-eye-strain)
- [https://www.eyepromise.com/blog/doctors/5-ways-to-reduce-digital-eye-strain/](https://www.eyepromise.com/blog/doctors/5-ways-to-reduce-digital-eye-strain/)