

Digital eye strain

With the increasing use of digital devices, many individuals suffer from eye discomfort after prolonged screen use (more than two hours). This is known as digital eye strain.



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.

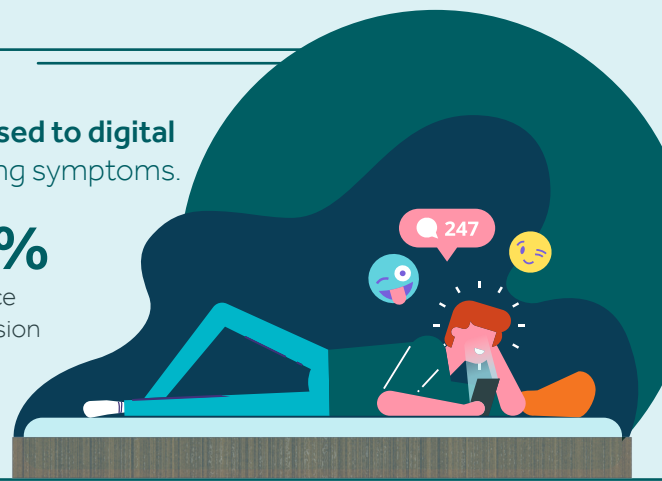
5%
experience
neck and
shoulder pain

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.eyepromise.com/blog/doctors/5-ways-to-reduce-digital-eye-strain/>
- <https://www.visionmonday.com/latest-news/article/the-vision-councils-new-research-shows-digital-eye-strain-is-widespread-but-many-lack-awareness/>