



Eye-popping facts

Kids (and adults) are spending hours using electronics such as iPads, video games, computers, and smartphones.

How much is too much for your eyes when it comes to digital device use?

Eye strain or Computer Vision Syndrome (CVS) is a serious condition that can cause back and neck pain, dry eye, and even headaches. Statistics show that 80% of what we learn is through our eyes, which means that digital eyestrain and CVS can have a major impact on productivity and success.

VSP optometrist, Dr. Nate Bonilla-Warford suggests these eye-easing ways to avoid digital eye strain:

- **Blink often:** When looking at a computer or hand-held digital device, it's common for you to blink 2 to 3 times less than you normally would. This can lead to "dry eye." Blinking bathes your eyes in tears, and tears are naturally helpful for the eyes.
- **Follow the 20/20/20 rule:** When spending long periods in front of a digital device, every 20 minutes, spend 20 seconds looking at something 20 feet away to allow your eyes to rest.

- **Ensure proper lighting:** Poor lighting often causes eye strain. To help ease the strain on your eyes, keep bright lighting overhead to a minimum and position your desk lamp to shine on your desk, and not at you.
- **Wear it:** If you or your child wears prescription glasses—for digital use or otherwise—make sure to have them on.