

# EYES OVEREXPOSED:

START THE CONVERSATION TO REDUCE DIGITAL EYE STRAIN

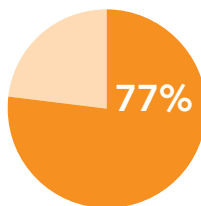
Digital eye strain is the physical eye discomfort felt by many individuals after two or more hours in front of a digital screen

**90%** of Americans use digital devices for two or more hours each day.

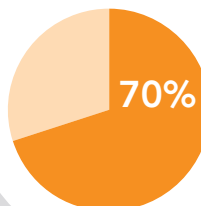


More than nine out of 10 people with digital eye strain use devices for two or more hours each day.

**60%** of Americans use digital devices for five or more hours each day.

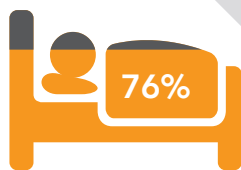


77% of the individuals who suffer from digital eye strain use two or more devices simultaneously.

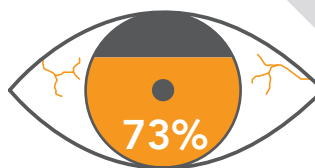


70% of women report experiencing symptoms of digital eye strain and are more likely than men to simultaneously use multiple devices.

Use of technology can have unintended consequences for our health.



76% of Americans look at their digital devices in the hour before going to sleep.



Adults under 30 experience the highest rates of digital eye strain symptoms (73%) compared with other age groups.

**73%**

of Americans said they did not know about the benefits of computer eyewear.

**56%**

of Americans are not aware of blue light or the damage it may cause to their eyes

**#1 reason for not wearing computer eyewear:**  
"My eye care provider never recommended them"



**90%**

of patients do not talk with their eye care provider about digital device usage.



THE VISION COUNCIL