



Eye-popping facts

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

Digital eye strain, also known as Computer Vision Syndrome, can cause significant discomfort, including blurred vision, dry eyes, headaches, and neck or back pain.



- **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.
- **Wear it:** If you or your child wears prescription glasses—for digital use or otherwise—make sure to have them on.
- **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.