

EYES OVEREXPOSED:

A LOOK AT THE DIGITAL DEVICE DILEMMA

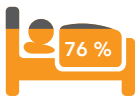
Digital eye strain is the physical eye discomfort felt by many individuals after two or more hours in front of a digital screen

90% Nearly 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.



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.

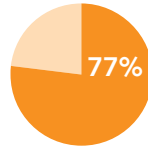


Adults under 30 experience the highest rates of digital eye strain symptoms (73%) compared with other age groups.

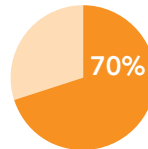


41% of women report experiencing back pain or text neck symptoms compared to 30% of men.

60% Nearly 60% of Americans use digital devices for five or more hours each day and 70% of Americans use two or more devices at a time.



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.

65% of Americans report experiencing symptoms of digital eye strain.

Symptoms Reported:

Neck/shoulder/back pain

36%

Eye strain

35%

Headache

25%

Blurred vision

25%

Dry eyes

24%

27%

of Americans do not know computer eyewear can protect against digital eye strain.



Americans are becoming digitized. More of our hobbies and activities are moving online.



96% of adults use digital devices to find a recipe.



Women (56%) are more likely than men (51%) to use their smartphones to get directions.



More than half of adults use their smartphone most frequently to check the weather.



59% of individuals in their 40s use computers to shop online, more than any other age group.

83% of adults in their 20s use a smartphone as their alarm clock.



90% of patients do not talk with their eye care provider about digital device usage.

Digital device use is a family affair, but every generation has their own unique habits.

