

# Avoid the Blue Light Blues

Surrounded by smartphones, tablets, TVs, and even fluorescent lights, adults and children alike are exposed to an unprecedented level of blue light in today's world. Exposure to blue light has been linked to digital eye strain.

**vsp**  
vision care

## Did You Know?



Scientific research has linked blue light to the onset of digital eye strain in as little as **two hours** of screen time.<sup>1</sup>



**Forty-eight percent of kids** are now spending more than six hours online every day.<sup>2</sup>



**Two-thirds** of people in the U.S. experience digital eye strain symptoms.<sup>1</sup>

## Three Tips to Reduce Exposure

### Get an Eye Exam.

Talk to your VSP® network doctor about your lifestyle and ask about the best options for reducing digital eye strain. Even if you don't wear corrective lenses, some blue light coatings are available for non-prescription eyewear.

### Limit Screen Time Before Bed.

Turn devices off a few hours before going to bed. Also, consider lowering the brightness of your screen, enabling the blue light filter, or downloading a blue-light reducing app for your device.

### Follow the 20-20-20 Rule.

Give your eyes a break every 20 minutes, and spend 20 seconds looking at something at least 20 feet away.

Search for blue light at [vsp.com](https://www.vsp.com) to learn more.

see well.  
be well.

1. Digital Eye Strain Report 2016, The Vision Council, November 2020. 2. Survey Shows Parents Alarmed as Kids' Screen Time Skyrockets During COVID-19 Crisis, ParentsTogether Foundation, April 2020.