

Eye-Popping Pointers on Blue Light



Smartphones and tablets emit more blue light than any other light source, and 50% of eye doctors report an increase in digital eye strain and effects from blue light exposure among patients.



About 70% of adults who regularly use media devices experience symptoms of digital eye strain, but due to lack of knowledge, many do nothing to lessen their discomfort.



Teens spend an average of 9 hours a day in front of TVs, cell phones, computers and tablets; and children use blue-light-emitting devices at earlier ages than ever before.

5 Ways to Protect Your Peepers



Add foods such as leafy greens like spinach, kale, collard greens and turnip greens, plus orange- and yellow-colored fruits and vegetables like oranges, peppers and corn, to your diet.



Add supplements like Swanson Health's Vision Defense.



Limit screen time when not working — grab a book, take a walk or choose deviceless activities.



Use nighttime settings to minimize blue light exposure.

20-20-20

Follow the 20-20-20 rule:

Shift your eyes to look at an object at least 20 feet away, for at least 20 seconds, every 20 minutes.

Sources

Digital Media and Your Children and Teens: TV, Computers, Smartphones, and Other Screens (Copyright © 2016 American Academy of Pediatrics)
2017 Global Mobile Consumer Survey: US Edition (Deloitte, 2017)
Pewinternet.org | Statista.com | Vspblog.com/blue-light-study

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