

In the Dark on Blue Light?

Digital screens emit a specific type of blue and violet light. Overexposure to this high-energy, short-wavelength light can negatively impact eye health and cause digital eye strain.

Blue Light & Digital Eye Strain

The average American spends seven hours a day on their device(s), correlating with reports of digital eye strain.



Protect Yourself From Digital Eye Strain

The 20-20-20 Rule

Even if your vision isn't quite 20/20, it's important to know and practice the 20-20-20 rule, which helps protect your eyes from blue light's negative health effects.



After 20 minutes of exposure



Take a 20-second break



To view something 20 feet away



The Damage Is Real

Overexposing your eyes to your device's blue light can cause a range of health issues. Doctors of optometry can help patients take the first step toward healthier eyes—and healthier bodies—with regular comprehensive exams.



Sleep Disorders



Eye Strain



Headaches



Blurred Vision



Dry Eyes



Neck/Shoulder Pain

Arm & Alarm

Arm Your Devices

Many devices have built-in features to filter out blue light. There are also third-party filtering apps available for smartphones, tablets and laptops.

Set Your Alarm

Late-night exposure to blue light can disrupt your body's ability to fall asleep. Remind yourself when to shut down with a daily alarm set one hour before bed.



Learn more about Computer Vision Syndrome or to find a doctor near you, visit aoa.org/CVS