




What is blue light?



Blue light is the highest wavelength of visible light that can penetrate the eyes' natural filters. Blue light penetrates deep into the eye, so prolonged exposure may result in:

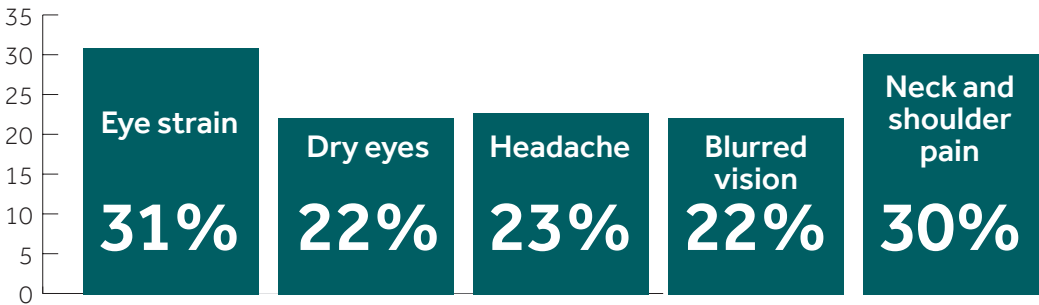
-  Suppression of the natural release of melatonin, which can lead to disruptions in sleep
-  Retinal damage
-  Long-term vision problems such as age-related macular degeneration (AMD) and cataracts

More than 87% of Americans report using digital devices for more than two hours per day

The most common sources of blue light exposure include **sunlight** and **digital screens** – like those of TVs, computers/laptops, smart phones, and tablets.

The impact of digital eye strain

Percentage of Americans who report the following symptoms of digital eye strain:



68.5% of Americans report they have not discussed their digital device usage with their eye care professional, and **73.5%** reported they did not know eyewear can be used to protect the eyes from blue light exposure

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Health information referenced from the Vision Council, 2016