mesvision® Promotes Blue Light Awareness

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Blue light is a color in the visible light spectrum that can be seen by human eyes. Blue light is a short wavelength, which means it produces higher amounts of energy.

Blue light exposure may increase the risk of macular degeneration[1]

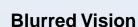Blue light contributes to digital eye strain[1]

Did you know?

- The average American spends 7 hours a day on their digital devices[3]
- Spending just 2 consecutive hours on a digital device can cause eyestrain and fatigue[2]
- 15 percent of teens watch 4 or more hours of TV daily[2]

Overexposing your eyes to blue light can cause a range of health issues[3]

Sleep disorders

Eye strain

Headaches

Blurred Vision

Dry Eyes

Neck/Shoulder Pain

Protect your eyes from blue light by[3]:

1. Cut back on media time before bed.
2. Consider lenses that filter out blue light.
3. Follow the *20-20-20 Rule*:

   after 20 minutes of exposure, take a 20 second break to view something 20 feet away.

Check yearly and see clearly!

An annual eye exam is more than 20/20 Vision. Many health conditions such as Diabetes and Hypertension are first found during a routine eye exam.

Sources:
1. AllAboutVision.com [2017] Blue Light: It's Both Bad and Good for You. Retrieved September 24, 2018 from Https://www.allaboutvision.com/cvs/blue-light.htm
2. Blue Light Exposed [2018] #BLUELIGHTEXPOSED. Retrieved September 24, 2018 from http://www.bluelightexposed.com/#where-is-the-increased-exposure-to-blue-light-coming-from
3. American Optometric Association [2017] In the Dark on Blue Light? Retrieved September 25, 2018 from https://www.aoa.org/Documents/AOA_Blue-Light_infographic_FINAL_2017.pdf