How our daily digital device use is affecting our vision.

**Tired Eyes**

No doubt about it, digital device use and other technologies are an important part of our lives. However, our eyes may be feeling the fatigue as a result.

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### What is Digital Eye Fatigue?

It is the ocular discomfort felt after 2+ hours in front of a digital screen.

It is characterized by:

- Tiredness
- Dryness
- Redness

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### Why Does Digital Device Use Cause Digital Eye Fatigue?

1. **Overworked ciliary muscles causes tiredness.**

   Your ciliary muscles are working hard whenever you have to focus up close.

2. **Blinking less causes dryness because the tear film is not renewed.**

   On average, we blink about 18 times per minute.

   When using digital devices, you only blink about 4 times per minute (80% reduction).

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**CAUSES OF EYE FATIGUE**

- Excessive screen time
- Exposure to bright light/glare
- Long periods of activities that demand focus and concentration.
- Overwork

**CORRECT YOUR VISION:**

- Find the right lens if you need vision correction
- Check with an eye care professional

**REST AND RELAX:**

- Make a conscious effort to blink between your screen and your eyes
- Shut off the screen and give your eyes a break.
- Find a Plants to look at if you need corrective lenses.

**FOLLOW THE 20-20-20 RULE:**

- Every 20 minutes, look at something 20 feet away for 20 seconds.

**DON’T FORGET TO SLEEP:**

- Only a few hours of sleep
- Sleep is essential for recovery

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**SOURCES:**


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**NEW Biofinity Energys™** contact lenses are innovatively designed for digital device users and feature:

**Digital Zone Optics™ lens design**
- enhanced optics to help with eye tiredness caused by focusing on close-up digital devices
  - Integrates multiple front-surface aspheric curves across the entire optical zone
  - Distributes power evenly to simulate more positive power in the center of the lens
  - Helps with eye tiredness as a person moves their gaze from on- to off-screen

**Aquaform® Technology** provides natural moisture and breathability to help with eye dryness
- Attracts and binds water throughout the lens material to retain moisture even during times of reduced blinking, such as with extensive use of digital devices
- Allows the lens to retain water naturally with no surface treatments or additives
- Creates a highly breathable lens, keeping eyes clearer, whiter and healthier
- Incorporates a smooth, naturally wettable surface design with a special rounded edge

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**NEW Biofinity Energys™**
Made for how you live, on- and off-screen

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9 OUT OF 10 digital device users* agreed that Biofinity Energys™ made their eyes feel good.4

8 OUT OF 10 digital device users* agreed that Biofinity Energys™ lenses made their eyes feel less tired.4

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*Among patients who use digital devices at least 4 hours per day at least 5 days per week and self-report symptoms of eye fatigue at least once per week.
4. After 1 week of wear; data on file.
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