

# Avoid the Blue Light Blues

Excessive blue light exposure from digital devices may contribute to digital eye strain and vision fatigue. And with two out of three people in the U.S. experiencing digital eye strain,<sup>1</sup> your employees' eyes are probably working overtime.



## Screen Time Is Taking Over

According to the latest research, average screen time in the U.S. is 7 hours per day.<sup>2</sup>



## Fight for Your Sight

How to reduce excessive blue light exposure:

### Take Breaks

From digital devices to rest the eyes

### Turn Off

All devices two hours before going to bed

### Minimize

Effects by wearing blue light-filtering eyewear



## VSP Has Your Back

VSP® members already save big on anti-reflective coatings. And not only do they enhance visual appearance and eliminate distracting reflections, they are our secret weapon.

**Go easy on your employees' eyes...and wallets.  
Include a covered anti-reflective coating in your VSP plan.**

1. Digital Eye Strain Report 2016, The Vision Council, November 2020. 2. Screen Time Statistics: Average Screen Time in US vs. the rest of the world, Comparitech, accessed on Dec. 27, 2023.

©2024 Vision Service Plan. All rights reserved.  
VSP is a registered trademark, and Computer VisionCare Plan is a service mark of Vision Service Plan.  
All other brands or marks are the property of their respective owners. 124914 VCCL