



# What you need to know about blue light



Blue light is the highest wavelength of visible light that can penetrate the eyes' natural filters. Electronic devices that light up—including cell phones, tablets, computers, and televisions—emit varying degrees of blue light. The resulting effects on the eye are cumulative, and increased exposure to blue light can lead to permanent damage or conditions like macular degeneration. Children, whose eyes have not yet fully developed, may be at even more risk of blue light exposure due to their inclination to use or overuse electronic devices.

## Four tips to protect your eyes



### Follow the 20/20/20 rule

While working on the computer or using an electronic device, follow the 20/20/20 rule. Simply take a break from looking at the screen every **20 minutes** and focus on an object **20 feet away** for **20 seconds**.



### Ask about special coatings

Davis Vision now offers **Kodak Total Blue™** lenses through our formulary. Talk to your provider to see if this lens might be right for you.



### Wear your shades

Keep your eyes protected against harmful light by wearing sunglasses outdoors. **Transitions™ Signature®** offers adaptive lenses to keep your eyes out of harm's way—both indoors and outdoors.



### Schedule an eye exam

Be sure to schedule your annual eye exam. This is one of the best ways to prevent eye strain and avoid overexposure to blue light. Your optometrist will be able to recommend computer, reading, or regular glasses based on your overall needs.

## Interested in more eye health and wellness tips?

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