Protecting your eyes from Blue Light

How much time do you spend looking at your electronic devices? More and more people are spending hours checking emails, watching videos and playing games on devices such as smart phones, tablets, and computers.

Studies show that these devices produce a higher concentration of blue light, which can have negative impacts on your vision as well as your overall health. Blue light can cause digital eye strain, which leads to headaches and dry eyes, and can damage retinal cells, putting people at risk for the onset of age-related macular degeneration (AMD)\(^1\). AMD is a leading cause of severe vision loss and blindness in adults over the age of 60\(^2\).

To help you protect yourself, blue light-blocking technology is available for your eyeglasses. These lens coatings protect your eyes by filtering out the blue light that may cause retinal damage and protecting your eyes from digital eye strain.

Your doctor may recommend a variety of blue light-blocking technologies for both prescription and non-prescription lenses.

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