

5 SECRETS TO PROTECTING YOUR EYES IN THE DIGITAL AGE



FROM THE MOMENT WE WAKE UP TO THE MOMENT WE CLIMB INTO BED, OUR EYES ARE GLUED TO OUR SCREENS. IT IS TIME THAT WE START TAKING CARE OF OUR VISION AND OUR EYES.

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5 SECRETS TO PROTECT YOUR EYES IN THE DIGITAL AGE: AN INTRODUCTION

Technology has drastically changed the way we work, shop and interact with each other. There's no denying that we have benefitted so much from the advancement and integration of technology in our work and our everyday lives.

With the increased use of digital devices (and sometimes this means the use of multiple screens simultaneously), our eyes are bearing the brunt of the dynamic visual stressors of our screens. Surely we can keep up with new technologies but can our eyes keep up with the visual demands that our screens elicit? Are we harming our eyes through our excessive use and dependence on our laptops, tablets and smartphones?

Here are 5 secrets to protect your eyes in this digital world.



MAINTAIN A HEALTHY AND NUTRITIOUS DIET

When it comes to protecting your eyes, what you eat affect what you see. We have all grown up hearing “Make sure you eat your carrots, they are good for your eyes” but what our parents forgot to mention, was there were a lot of other nutrients that are essential for our eyesight.

Research suggests that antioxidants and important minerals may reduce your risk of age-related macular degeneration, an ocular disease that can cause loss of vision. Specific antioxidants can have additional benefits as well; for example, vitamin A protects against blindness, and vitamin C may play a role in preventing or alleviating glaucoma.

Dry eyes can be caused by increased time in front of our screens. Omega-3 essential fatty acids appear to help the eye in a variety of ways, from alleviating symptoms of dry eye syndrome to guarding against macular damage.



FOLLOW THE GOLDEN RULE

On average we spend six or more hours in front of our screens! It's no wonder eye strain has become a very common symptom that our patients report during their consultation.

There's a lot of visual demand on our eyes when we are looking at our screens - we are reading words, following the movement of the mouse, tracking the movement of the page as we are scrolling, looking at diagrams, photos and graphs, and the list goes on.

Although eye strain is nothing serious, it can become frustrating and ultimately affect your productivity and work! The golden rule when it comes to alleviating eye strain is the 20-20-20 rule: Every 20 minutes, look at something 20 feet (6 metre) away for 20 seconds. That's it! You don't even need to get up from your chair! Is 20 seconds enough? Research has shown that it takes 20 seconds for our eyes to fully relax, so yes 20 seconds is enough.



ANTI-FATIGUE LENSES

Don't like the idea of the 20-20-20 rule? Not to worry, there's more than just one solution to eye strain. Anti-fatigue lenses are optimised to alleviate eye strain and other visual fatigue symptoms such as headaches and blurred vision caused by excessive near vision demand on our visual system.

These lenses have a “boost” area at the bottom of the lenses to help your eye muscles relax when you are working in front of a screen such as laptops, smartphones and tablets. Due to the variation of power in the lenses your eyes can still move and read effortlessly from the screen to the keyboard and even across the room! Its design is optimised by taking into account individual wearing parameters so that it is personally tailored to you.

If you're already wearing glasses, why wouldn't you want a better lens that will enhance visual comfort during up-close activities in a digital world?



BLUE CONTROL LENSES

We hear this term “blue light control” being talked about a lot but what exactly is it? Our exposure to blue-violet light can come from the sun but primarily it comes from our favourite digital screens. LCD and LED computer and television screens, smartphones and tablets all emit blue light. As the quality of our screens improves, their blue light emission increases.

Excessive exposure to blue light can cause eye strain, visual discomfort and can also affect our sleeping patterns. It is thought that blue light messes with our circadian rhythm.

Blue Control coating on our lenses can help us reduce our exposure to blue-light by filtering them out and in turn, alleviating eye strain. It also reduces glare for more comfortable and relaxed vision, smudge and dust resistant, improved clarity and contrast perception. Combining anti-fatigue lenses with a blue control coating can be the ultimate solution to your eye strain!



REGULAR EYE EXAMINATIONS

This secret is most often overlooked. Eye examinations aren't just about reading letters on the chart, there's more to it than meets the eye!

During your comprehensive eye examination, optometrists are able to pick up serious vision problems that you may not even be aware about! Just because you can see well enough to drive, does not mean your vision is performing at its optimum. This can definitely interfere with our day to day life as well as our performance at work.

Your eyes can “see and feel normal” even if you have an eye disease. Of all serious eye diseases glaucoma is probably the sneakiest - after all it's nickname is “The Silent Thief of Sight is well earned!

Annual eye examinations can be somewhat of a chore but it is imperative that you do so to protect your vision, ocular health and ellness.

IS IT TIME FOR AN EYE EXAMINATION?

Are you curious to see what more you can be doing for eyes? Are they performing at its best? Do you want to see what your ocular health is like? OR all of the above?

It is super easy to make an appointment and we'll be more than happy to see you at our clinic!

Simply call us on (02) 9728 7288 or click [here](#) to book an appointment online.

We'll see you soon!

