Blue Light and Kids Eyes

Screens emit all wavelengths of the light spectrum, but peak in blue. Electronic screens on devices like phones, TVs, and computers emit blue light. Children are more susceptible to the effects of blue light because their eyes let in more blue light than adults’ eyes. It’s important for children to be reminded to limit exposure to blue light and all bright lights before bedtime to ensure healthy melatonin production and circadian cycles. The eye and brain interpret bright blue light as daytime, just like a blue sky!

How to Combat a Plugged In Lifestyle

- The best solution is to stop using electronic devices a few hours before bedtime if possible.

- Turning on your device’s “night mode” function before bed will dim the screen and reduce up to 90% of blue light exposure from the device.

- Follow the 20 20 20 Rule: Every 20 minutes, look at something 20 feet away for 20 seconds to reduce digital eye strain.

- It’s important to recognize that school “vision screenings” check for amblyopia & amblyopia risk factors but do not screen for most vision conditions that cause digital eye strain. Kids need comprehensive eye exams to ensure they are ready to learn.

Your devices won’t damage your eyes permanently but can cause digital eye strain. Symptoms include:

- Trouble sleeping
- Eye Fatigue
- Blurred Vision
- Dry Eyes
- Headaches

For expert eye care near you, find a doctor through the American Optometric Association: aoa.org/healthy eyes/find a doctor