



Game On! The Effects of Gaming and Ways to Combat Eye Stress

Screen time and gaming are on the rise, which can have long-term implications for eye health. A survey was conducted to understand gamers' current eye health habits, behaviors, and more.

The Average Gamer Spends

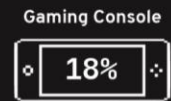
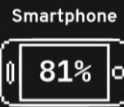
8.41 HRS PER DAY
on screens



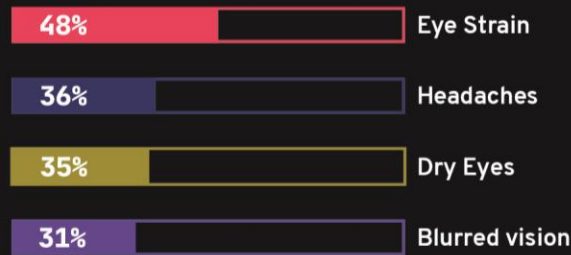
4.41 HRS PER DAY
playing video games

*More than half taking screen breaks of only 15 min or less

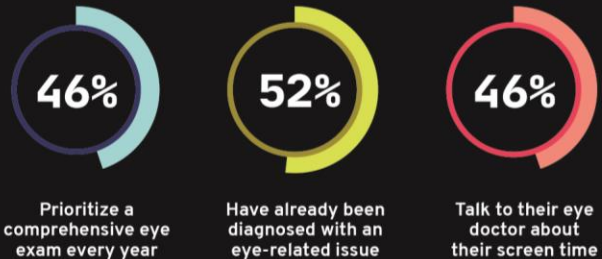
Types of Screens



Symptoms Experienced by Gamers



Gamer Behavior Around Eye Health



Although many are aware of issues, they continue gaming without visiting or talking with an eye doctor

Eye Health Tips for Gamers

- Use the 20-20-20 rule in-between matches. (Look at something 20 feet away for 20 seconds, every 20 minutes.)
- Create an automated gameplay pause in your settings or reminder to blink.
- Keep artificial tears or lubricating eye drops on hand.
- Stop any gaming or computer activity at least one hour before bedtime.
- Stay hydrated with plenty of water.
- Clean your face and eye lashes daily.
- Use daily contact lenses vs. monthly for late night gamers.
- Distance yourself your device, at least 20 inches for larger screens and 13 inches for smaller devices.
- Ensure that room lighting is similar to screen brightness.
- Most importantly, *visit and talk with your doctor of optometry.*