

SCREEN TIME

According to the AOA's 2014 American Eye-Q® survey—a cornerstone of the Optometry Awareness Campaign—parents underestimate the time their children spend on electronic devices.

The survey also asked children ages 10 to 17 about the relationship between their device use and their vision.

CHILDREN

80%
SAY

their eyes burned, itched, felt tired or blurry after using a device

they take breaks from looking at screens every hour

32%
SAY

18%
SAY

they use their devices for 7 or more hours each day

PARENTS

73%
SAY

their child uses a computer/tablet on a daily basis

63%
SAY

their child uses a computer/tablet to study/do homework

55%
SAY

their child has his or her own smartphone/tablet

