

Digital Eye Strain Transcript

Did you know that the average person spends 7.4 hours a day looking at a screen?

As a result, 70% of us suffer from digital eye strain.

Even worse, screens emit high-energy visible light. Which means looking at your laptop or phone for too long causes dryness, irritation and blurry vision. And may contribute to more serious long-term conditions.

Your eye doctor knows all about it. And can help you manage the impact on your vision. While making sure you're not doing any long-term damage.

Check yes today and make an appointment with an eye doctor near you.

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