Eyes Overexposed: Digital Device Dilemma

The Vision Council
Digital Eye Strain Report 2016

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EYES OVEREXPOSED: A LOOK AT THE DIGITAL DEVICE DILEMMA

Digital eye strain is the physical eye discomfort felt by many individuals after two or more hours in front of a digital screen.

90% Nearly 90% of Americans use digital devices for two or more hours each day.

More than nine out of 10 people with digital eye strain use devices for two or more hours each day.

60% Nearly 60% of Americans use digital devices for five or more hours each day and 70% of Americans use two or more devices at a time.

Use of technology can have unintended consequences for our health.

- 76% of Americans look at their digital devices in the hour before going to sleep.
- 73% of adults aged 50 or older report using digital devices for more than one hour per day for more than 15 years.
- 41% of women report experiencing back pain or text neck symptoms compared to 30% of men.

77% of the individuals who suffer from digital eye strain use two or more devices simultaneously.

70% of women report experiencing symptoms of digital eye strain and are more likely than men to simultaneously use multiple devices.

55% of Americans report experiencing symptoms of digital eye strain.

Symptoms Reported:
- Neck/shoulder/back pain: 36%
- Eye strain: 35%
- Headache: 25%
- Blurred vision: 25%
- Dry eyes: 20%

27% of Americans do not know computer eyewear can protect against digital eye strain.

Digital device use is a family affair, but every generation has their own unique habits.

ORPHEANS: More than 30% of adults 60 and older have had prolonged use of digital devices for two or more hours per day for more than 15 years.

YOUNG ADULTS: Nearly 9 out of 10 use two or more devices at a time and are more likely to use their smartphones for activities such as getting news updates.

CHILDREN AND TEENS: 65% spend two or more hours per day on a digital device, yet 77% of parents report being somewhat or very concerned about the impact of devices on children’s eyes.

PARENTS AND CAREGIVERS: 64% spend more than five hours a day looking at digital screens. 50% use computers to shop online.

90% of adults use digital devices to find a recipe.

Women (56%) are more likely than men (51%) to use their smartphones to get directions.

More than half of adults use their smartphone most frequently to check the weather.

59% of individuals in their 40s use computers to shop online more than any other age group.

83% of adults in their 20s use a smartphone as their alarm clock.

90% of patients do not talk with their eye care provider about digital device usage.

Americans are becoming digitized. More of our hobbies and activities are moving online.

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