

Kids, Computers, and Digital Eye Damage

This year, nearly 60 million school-age children will use a computer or digital device for many hours per day, and that doesn't include time spent in front of a TV or gaming system at home. This increased exposure puts them at greater risk for Computer Vision Syndrome (CVS) - a serious condition that can cause back and neck pain, dry eye and even headaches.

VSP's *EnVision* newsletter quotes Dr. Justin Bazan who states, "All-around school performance starts with the eyes. Academics, sports, you name it—everything depends on the quality of our eyesight." As we have mentioned in the past, statistics show that approximately **80%** of what we learn comes through the eyes, which means CVS can have a major impact on students' productivity and classroom performance.

What can be done?

- Placing the monitor at an appropriate height and distance from your child's eyes (about 20 to 24 inches)
- Requiring your child to take visual breaks (preferably every 20 minutes)
- Limit the amount of time per day your child spends using digital devices (see guidelines below)
- Eyewear can be prescribed for use with digital devices to reduce visual stress



If your child is spending more than the suggested time limits below, schedule an eye exam to prevent possible vision problems.

Developmental Guidelines for Digital Device Use

Age	Suggested Time Limit
Under 10	30 minutes a day
10—13	1 hour a day
14—15	2 hours a day
16—18	Parents' discretion