

INSIGHTS

Preventing Eye Fatigue

People commonly take simple steps to prevent or treat eye fatigue, but it's important to see your doctor if these strategies don't work. Your symptoms could be a sign of a more serious condition that requires treatment. This is especially important if you have headaches or other problems like eye discomfort or double vision.

Know the Causes

Many normal tasks require intense eye use, which can cause fatigue. Some of the most common tasks that cause fatigue are reading, writing, and driving. Looking at bright light or spending time in places that are dimly lit can also tire your eyes. Use of digital devices can cause eye fatigue, especially if you stare for long periods at your computer, smartphone, or television. Some studies estimate that computer-related eye symptoms are responsible for up to 10 million eye doctor visits each year.

Look Out for Symptoms

Several symptoms have been linked to eye fatigue, including sore or irritated eyes, trouble focusing, and dry or watery eyes. Blurred or double vision, increased

sensitivity to light, and pain in the neck, shoulders, or back are other symptoms to keep in mind.

The symptoms of eye fatigue can lower your productivity. Working long hours and not getting enough sleep can also worsen the problem. Sleep refreshes your eye with essential nutrients, but a lack of good quality sleep may lead to repeated eye irritation.

Practice Good Self Care

It's important to regularly use good self-care practices, such as applying a warm washcloth to tired, dry eyes. It can also help to use artificial tears to refresh your eyes when they feel dry. To help prevent dry eye while indoors, use an air cleaner to filter dust and a humidifier to add moisture to the air.

If you have eye fatigue or pain, don't be afraid to see an eye doctor, especially if the problem isn't going away. Optometrists can make sure a more serious medical condition isn't to blame. They can also tell if your glasses or contact lens prescriptions are up to date and good for computer use.

An Ounce of Prevention

The table below provides tips for preventing eye fatigue when you're using your computer and when you're at work:

PREVENTION STRATEGIES

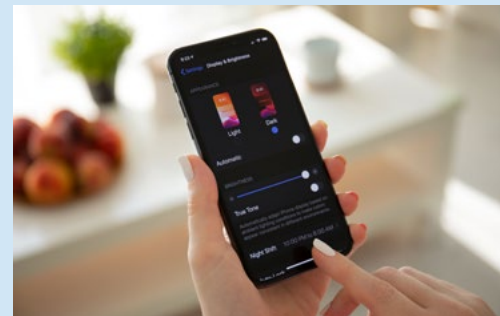
Your Computer Screen	Your Work Environment	Your Work Habits
<ul style="list-style-type: none"> Place your screen 20-26 inches away from your eyes and a little below eye level Regularly clean off dust and fingerprints from the surface to improve contrast and reduce glare Choose screens that tilt and swivel Use a glare filter for your screen 	<ul style="list-style-type: none"> Change lighting to get rid of glare and harsh reflections Use an adjustable chair Place a document holder next to your computer screen 	<ul style="list-style-type: none"> Use the 20-20-20 rule; every 20 minutes, look at something 20 feet away for 20 seconds Post a note on your computer that says "blink" as a reminder Take regular breaks from computer work

EYE TECH

Does Dark Mode Help Your Eyes?

Many people use their phone's dark mode setting because it can cut glare and reduce blue light. Using dark mode can also extend your digital device's battery life.

While using dark mode has many benefits, it may not be good for everyone's eyes. Using dark mode is easier on the eyes than a stark, bright white screen. However, using a dark screen requires the pupils to dilate, which makes it more difficult to focus on the screen.



People with myopia or astigmatism also may experience halation, which occurs when light spreads past a certain boundary and creates a foggy or blurry appearance. White letters can appear to bleed into a dark-colored background, making it more difficult to read, especially with fine print. Halation is more common and severe when using dark mode.

People who already have vision issues may benefit more from a dimmed light mode or blue-light-filtering mode than from using dark mode. The best way to ensure clear, comfortable viewing is to see your optometrist for regular eye exams and an up-to-date vision prescription.



Q: How much does a human eyeball weigh? See answer on page three.

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† Filtering of HEV light by contact lenses has not been demonstrated to confer any health benefit to the user, including but not limited to retinal protection, protection from cataract progression, reduced eye strain, improved contrast, improved acuity, reduced glare, improved low light vision, or improved circadian rhythm/sleep cycle. The Eye Care Professional should be consulted for more information.

* Filtering of HEV light by contact lenses has not been demonstrated to confer any health benefit to the user, including but not limited to retinal protection, protection from cataract progression, reduced eye strain, improved contrast, improved acuity, reduced glare, improved low light vision, or improved circadian rhythm/sleep cycle. The Eye Care Professional should be consulted for more information† Versus publicly available information for standard daily use contact lenses as of July 2022..

1. JJV Data on File 2022. TearStable™ Technology Definition.

2. JJV Data on File. CSM Subjective Responses ACUVUE® OASYS MAX 1-Day Contact Lenses- Retrospective Meta-analysis

3. JJV Data on File 2022. Material Properties: 1-DAY ACUVUE® MOIST, 1-DAY ACUVUE® TruEye, ACUVUE® OASYS 1-Day with HydraLuxe® Technology and ACUVUE® OASYS MAX 1-Day with TearStable™ Technology Brand contact lenses and other daily disposable contact lens brands.

Important safety information: ACUVUE® Contact Lenses are indicated for vision correction. As with any contact lens, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information. Complete information is also available from Johnson & Johnson Vision Care, Inc. by calling 1-800-843-2020, or by visiting www.jnjvisionpro.com.

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1. Based on IQVIA ProVoice Survey of Eye Care Professionals 12 months ending December 31, 2021.
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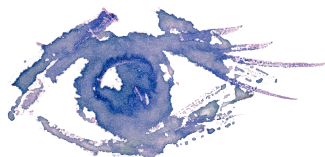


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EYE-DROPS

Your iris (the colored part of your eye) has 256 unique characteristics; your fingerprint has just 40.



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Reducing Dry Eye Symptoms With Humidifiers

Dry eyes occurs when there are insufficient tears to keep them lubricated. Dry eye can adversely affect vision and health and impacts a person's quality of life. Environmental factors and long-term computer use may contribute to chronic dry eyes.

Recent research has shown that there may be some benefits to using a humidifier for people who frequently use computers. Although the study was small, participants noted that they experienced a modest improvement in eye dryness.

If you're thinking about purchasing a humidifier, it's important to consider several factors before making your decision. Specifically, think about:

- Your budget
- The size of the room
- The size of the humidifier
- The humidifier's brand reputation
- The size of the water holder

A humidifier can maintain humidity all night long. If the humidifier is being used to relieve dry eyes resulting from digital devices, then it will need to run for as long as the device is being used.



EYE-Q

Answer to Eye-Q (from page 1):
The eyeball of an adult human weighs approximately 28 grams, or one ounce.

Contact

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