



PATIENT NEWSLETTER
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See

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of Vision

INSIGHTS

Sleep Deprivation: Exploring the Harmful Vision Effects

More than one-third of American adults are not getting enough sleep, defined by the CDC as at least 7 hours per night for people aged 18 years and older. More serious short-term vision effects like confusion and hallucinations usually go away once you are rested, but sleep deprivation and poor sleep habits can also take a serious toll on long-term health.

Studies have suggested that sleep deprivation can reduce eye function by leading to dry or itchy eyes, blurry vision, eyelid twitches, and dark circles under the eyes. Sleep deprivation can be particularly harmful for younger individuals. One study showed that teenagers who got fewer than 5 hours of sleep per night were 41% more likely to have myopia than those who got more than 9 hours of sleep per night.

Glaucoma & Diabetic Retinopathy

Poor sleep has also been linked to several important eye conditions, such as glaucoma and diabetic retinopathy (DR). A recent analysis examined sleep habits of people with glaucoma older than 40 years of age. People who slept less than 3 hours or more than 10 hours were three times more likely to have optic nerve damage than those who slept around 7 hours every night. Getting more or less than 6 to 8 hours of sleep has been shown to increase risks for developing moderate DR.

Mental Health & Cognitive Function

Almost 1 in 5 American adults is living with a mental illness. The effects of sleep on mental health are not always obvious, but sleep problems are common in people who have anxiety, depression, bipolar disorder, and/or ADHD. Sleep deprivation can also lead to eating more and gaining weight as well as spikes in glucose and blood pressure levels.

Researchers are also getting a clearer view of how poor sleep habits might



cause chronic cognitive health conditions. For example, several studies have shown a possible link between sleep problems and risks for developing dementia and Alzheimer's disease. One long-term study showed people were 30% more likely to develop dementia if they averaged less than 7 hours of sleep per night during their 50s and 60s.

Getting a Good Night's Rest

- You can improve your sleep with these techniques:
- Ensure the bedroom is dark, quiet, and cool
- Do not use electronic devices in the bedroom
- Get physical activity or exercise daily but not too close to bedtime
- Set consistent routines to unwind before bed
- Get into bed when you are tired and not before

To improve sleep, the CDC also recommends avoiding the consumption of caffeine less than 8 hours before going to sleep, reducing alcohol intake, quitting smoking, and avoiding naps after 3:00 pm. Your doctor may also recommend a sleep study to test for sleep-related conditions like sleep apnea, insomnia, and restless leg syndrome.

SCEYENCE

Is an Eyelid Twitch a Sign of Multiple Sclerosis?



For most people, an eyelid twitch is a painless annoyance that will go away with a little rest and relaxation. But in rare cases, eye twitching can be a sign of multiple sclerosis (MS). If eye twitching is caused by this disease, it usually occurs alongside other more common signs of MS, such as fatigue, numbness, muscle weakness, and/or slurred speech.

MS causes the immune system to attack the myelin that protects nerve fibers, creating communication problems between the brain and the rest of the body. When myelin is damaged, nerves can deteriorate, causing demyelination. Early signs of demyelination include muscle spasms and loss of vision.

It is important to recognize when an eye twitch is serious. Call your doctor if you experience eye twitching in addition to any of the following common MS symptoms:

- Sudden vision loss
- New or increased fatigue
- Numbness or tingling
- Unexplained muscle weakness
- Dizziness or balance issues
- Slurred speech

An occasional eye twitch is common, but if the twitch doesn't go away, book a comprehensive eye exam, especially if no other MS symptoms are present.

Contact lens wearers say: I want all-day comfort



Ask your eye doctor for the contact lens with ~100% water at the surface*

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*Based on laboratory testing of un worn lenses.

†In a typical day of ≥8 hours of digital device use. Based on statements, "I am satisfied with the comfort the study lenses provide when I use digital devices for ≥8 hours" and "I am satisfied with the vision the study lenses provide when I use digital devices for ≥8 hours" (n=32).

Ask your eye care professional for complete wear, care, and safety information. only
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EYE TECH

Alternating Between Glasses & Contacts



Choosing between eyeglasses and contact lenses does not need to be a binary choice. You can own both glasses and contacts, and switch between them based on your daily work, comfort, or lifestyle needs. That said, regardless of whether your primary choice for day-to-day eyewear is contact lenses or glasses, it's important to have a backup pair of specs handy.

If you are considering a first pair of contacts or wondering if an updated pair of backup glasses is necessary, this information can help you foresee a future in which both types of eyewear would be beneficial.

Taking a midday contact lens break can be of benefit for some people. In addition to taking a nap, other scenarios where a midday contact lens break can be helpful include sleeping, swimming, or showering. Daily disposable contacts are only meant for one-time use. If you take them out during the day—even for just a few hours—you need to throw them away and start with a new pair when you are ready to put contacts back in.

If you are alternating between your glasses and contacts or vice versa, you might think that you can use your glasses prescription for contacts, but you should not. Eyeglass prescriptions and contact lens prescriptions are different, and you cannot use one in place of the other.

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