

HOW MUCH DO YOU KNOW ABOUT DIGITAL EYE STRAIN?

1. **(c)** According to the Vision Council, 34.6% experience digital eye strain.
2. **(b) False.** Text printed on paper generally has high contrast, and individual characters have well-defined borders that computer-generated text and images often lack. It is more challenging for the eye to stay focused on items displayed on a digital device.
3. **(c) About the same.**
4. **(d) One-third as frequently.** Adults blink about 15 times a minute when engaged in conversation, but only about five times per minute when using a digital device.
5. **(b) False.** The “Big E” chart, or Snellen Test, tests your distance vision, but it can’t determine the existence of digital eye strain.
6. **(e) All of the above.**
7. **(b) No.** Reduce the risk by limiting the amount of time your child spends in front of digital devices.
8. **(b) No,** but most people who spend more than a couple of hours a day on digital devices could benefit from computer eyewear.