



Tips

Do you have dry, tired eyes from spending time on digital devices?

TRY THESE METHODS TO HELP.



Take regular breaks

For a simple way to bring your eyes some relief, **try the 20-20-20 rule:** take a short break every 20 minutes to look at an object 20 feet away for 20 seconds.¹



Adjust screen settings

Many devices automatically adjust brightness during day or night, but if yours doesn't, make sure to **dial it back when necessary.**



Blink regularly

We blink 66% less while working at a computer which causes eye dryness. **When you're staring at screens, be mindful of blinking often.**²



Contact lenses designed for your digital lifestyle

MyDay Energys® and **Biofinity Energys®** feature a lens design called **DigitalBoost™ Technology** that may **help ease strain on the eyes** so you can shift focus from on screen to off with less effort.^{*3} The lenses' **Aquaform® Technology** retains water to **help eyes feel less dry**, even during times of reduced blinking, such as when looking at a screen.⁴

*Based on a statistically significant difference of the mean change in Accommodative Microfluctuations and when compared to a lens without DigitalBoost™ /Digital Zone Optics® after reading on an iPhone 5 for 20 minutes held at a distance of 25 cm. Study conducted with Biofinity Energys® and sphere.



Ask us if MyDay Energys® or Biofinity Energys® contact lenses are right for you.

Schedule an appointment today.

1. CVI data on file 2023. US online survey; n=294, Vision corrected patients. US Adults Ages 18-44 who wear corrective spectacles and/or contact lenses and talked to their doctor about their digital eye strain. Top 3 responses on ECP recommendations: 62% taking regular breaks, 46% lubricant eye drops, 41% staying hydrated. 2. Kaur K, et al. Digital Eye Strain- A Comprehensive Review. Ophthalmol Ther. 2022 Oct;11(5):1655-1680. doi: 10.1007/s40123-022-00540-9. Epub 2022 Jul 9. PMID: 35809192; PMCID: PMC9434525. 3. Kajita M et al. Changes in accommodative micro-fluctuations after wearing contact lenses of different optical designs. CLAE 2020; 43(5): 493-496. 4. CVI data on file, 2024.

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