MYOPIA + YOUR EYES

Myopia
Myopia (nearsightedness) is when objects farther in distance appear blurry, but objects up close are clear.

Myopia + Screen Time

- On average, children ages 8-18 spend 7.5 hours a day in front of a screen. \(^{(1)}\)

- 1 in 4 families have a child with myopia. \(^{(2)}\)

- Screen time and digital device use play a role in the development of myopia in children. \(^{(3)}\)

- Nearly 1 in 3 Americans don’t know of any preventive methods to protect their vision from excessive screen time. \(^{(4)}\)

What Can You Do To Prevent Myopia?

- **Get outside!** When outside, wear UV-A and UV-B-protected sunglasses and a large-brimmed hat. This is sunscreen for your eyes!

- **20-20-20 Rule:**
  
  Every 20 Minutes  
  Look 20 Feet Away  
  For 20 Seconds

- **Limit time on electronic devices.** Children ages 2+ should only have an hour of screen time a day. Children younger than 2 should not have any screen time. \(^{(5)}\)

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(4) American Optometric Association American Eye-Q Survey. 2018  

Our vision is for each Wisconsin resident to have healthy vision at every stage of life.