



# Game On! The Effects of Gaming and Ways to Combat Eye Stress

Screen time and gaming are on the rise, which can have long-term implications for eye health. A survey was conducted to understand gamers' current eye health habits, behaviors, and more.

## The Average Gamer Spends

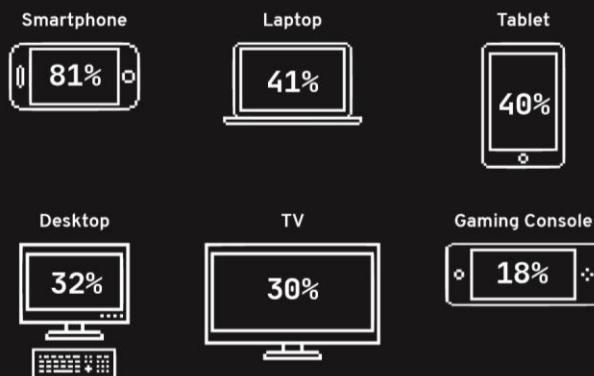
**8.41 HRS**  
PER DAY  
on screens



  
**4.41 HRS**  
PER DAY  
playing video  
games

\*More than half taking screen breaks of only 15 min or less

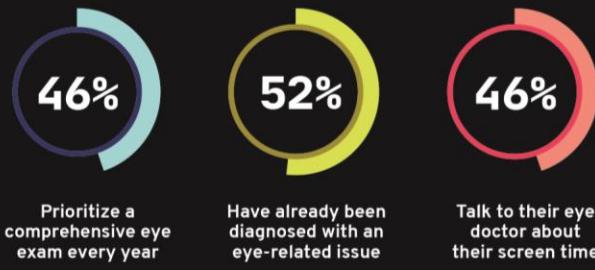
## Types of Screens



## Symptoms Experienced by Gamers



## Gamer Behavior Around Eye Health



Although many are aware of issues, they continue gaming without visiting or talking with an eye doctor

## Eye Health Tips for Gamers

- Use the 20-20-20 rule in-between matches. (Look at something 20 feet away for 20 seconds, every 20 minutes.)
- Create an automated gameplay pause in your settings or reminder to blink.
- Keep artificial tears or lubricating eye drops on hand.

- Stop any gaming or computer activity at least one hour before bedtime.
- Stay hydrated with plenty of water.
- Clean your face and eye lashes daily.
- Use daily contact lenses vs. monthly for late night gamers.
- Distance yourself from your device, at least 20 inches for larger screens and 13 inches for smaller devices.
- Ensure that room lighting is similar to screen brightness.
- Most importantly, visit and talk with your doctor of optometry.