

NEW YEAR EYE HEALTH & SCREEN TIME
WILLIAM WHITE, OD, OPTOMETRIST, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

TRYING TO CUT DOWN ON SCREEN TIME IN THE NEW YEAR?

WELL– HERE’S ANOTHER REASON TO KEEP THAT RESOLUTION GOING: YOUR SCREEN TIME HABITS MAY BE HURTING YOUR VISION.

{**TAKE VO**}

TRT: 40

SCREENS CAN HAVE AN IMPACT BOTH ON HOW YOUR EYES FEEL AND HOW THEY AGE. OPTOMETRIST WILLIAM WHITE SAYS THAT SCREENS CAN CAUSE DRY EYE AND OCULAR FATIGUE – ESPECIALLY IF YOU’RE ON SCREENS A LOT IN THE EVENING.

BUT NO MATTER THE TIME OF DAY, HE RECOMMENDS SOMETHING CALLED THE TWENTY-TWENTY-TWENTY RULE FOR KEEPING YOUR EYES HEALTHY.

{**TAKE SOT**}

WILLIAM WHITE, OD

BAYLOR SCOTT & WHITE HEALTH

TRT: :14

We have what we call the 20/20/20 rule, which is every 20 minutes, take about a 20-second break, look at something about 20 feet away.

{**ON CAM**}

DR. WHITE SAYS THAT 20 SECONDS HELPS RESET THE STRAIN ON YOUR EYES.