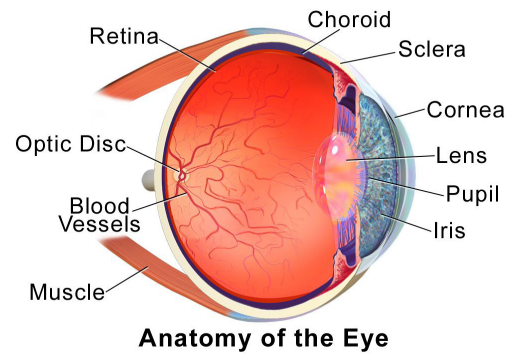




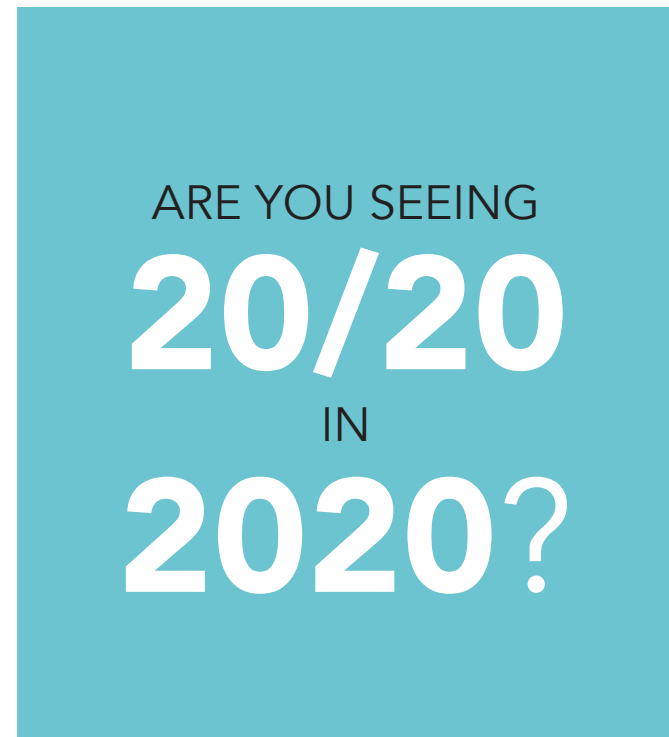
SOME FUN (EYE) FACTS

- ▶ Seeing is so important that it takes up more than 50% of the brain's functionality
- ▶ People with blue eyes are more tolerant of alcohol and less tolerant of the sun
- ▶ Your eyes can get sunburned
- ▶ The eye has over 2 million moving parts.
- ▶ All babies are colour blind at birth.



FUNCTION OF THE EYE

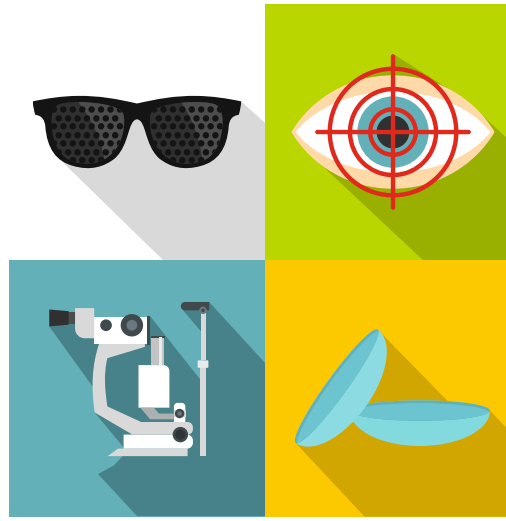
Light enters through the lens and hits the retina at the back of the eye. The retina is a tissue layer filled with light-sensitive cells (rods and cones) that when activated by incoming light, send signals to the brain through the optic nerve. When our brains receive these neuronal signals, we can see the world around us!





FACTS

- ▶ Humans can see more shades of green than any other colour.
- ▶ Newborns don't produce tears. They make crying sounds, but the tears don't start flowing until they are about 4-13 weeks old.
- ▶ Around the world, about 39 million people are blind and roughly 6 times that many have some kind of vision impairment.
- ▶ Red-eye in photos is caused by light from the flash bouncing off the capillaries in your eyes
- ▶ Your eyebrows prevent sweat dripping into your eyes.



PROTECT YOUR EYES

Wear sunglasses

- ▶ Protect your eyes from the sun by wearing sunglasses even on cloudy days! Be sure to look for sunglasses that block 99 to 100 percent of both UVA and UVB radiation.

Give your eyes a rest

- ▶ 20-20-20 Rule: Looking at a computer for a long time can tire out your eyes. Rest your eyes by taking a break every 20 minutes to look at something about 20 feet away for 20 seconds.

If you wear contacts, take steps to prevent eye infections

- ▶ Always wash your hands before you put your contact lenses in or take them out. Be sure to disinfect your contact lenses and replace them regularly.



YOUR EYES AND DEVICES

When you read or stare at a computer, you blink less often resulting in tired eyes.

People generally read 25% slower on screen than on paper.

Blue Light

- ▶ It boosts alertness, helps memory and cognitive function and elevates mood
- ▶ It regulates circadian rhythm– the body's natural wake and sleep cycle.
- ▶ Exposure to blue light during daytime hours helps maintain a healthy circadian rhythm. Too much exposure to blue light late at night (through smart phones and computers) can disturb the wake and sleep cycle, leading to problems sleeping and daytime tiredness.