

BLUE LIGHT & YOUR EYE HEALTH

WHAT IS BLUE LIGHT?



BLUE-VIOLET LIGHT
CAN BE HARMFUL
TO EYES



INCREASES RISK
OF MACULAR
DEGENERATION (AMD)



AMD CAUSES
VISION LOSS &
BLINDNESS

BLUE-VIOLET LIGHT CAN COME FROM THE SUN & MAN-MADE SOURCES



1 in 4  **CHILDREN**
SPEND
OVER 3
HOURS

TIME SPENT ON
**DIGITAL
DEVICES
EACH DAY**

33% OF
ADULTS
SPEND

