



let's talk about screen time

It's no secret people spend a lot of time on their screens. How does that affect their eye health?

we asked...



1,000 eye care professionals (ECPs) about eye health*



1,001 adults with dry eye disease (DED) symptoms about screen use*

how ECPs **think** about patients' screen habits

there's a gap

patients' screen habits

the results may **surprise** you

68% of adults with dry eye symptoms use screens 6 hours a day or more



while **70%** of ECPs think that 6 hours of screen time a day is already too much

9 out of 10 adults

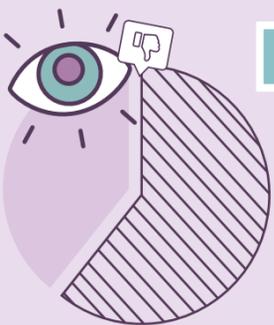
want to learn more about how to limit the impact that screens can have on their eyes



but only **1 out of 10** ECPs

always discuss use of screens during routine eye exams

so let's see what people with dry eye symptoms **really** think...



61%

admitted they'll continue to use their smartphones

even if their eyes start to bother them

and



just about half would be willing to give up time with their friends for a week as opposed to their smartphone

83% lose track of time



when using screens



although using screens is becoming more and more unavoidable

nearly all adults with DED symptoms agree that their use may be impacting their eyes

...and how they **really** feel

71%

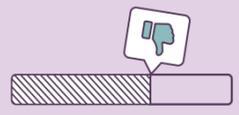
feel torn between how much time...



...they want to spend using screens



...they think they should be using screens



64%

feel guilty about how much time they

ACTUALLY DO spend using screens

We're helping your patients understand the impact of screen time on eye health. So you can help them love their eyes.

We're calling it **screen responsibly**.



screen.

Make the connection between screen use and how your patients' eyes are feeling.



blink.

Remind your patients to take blink breaks as part of a healthy screen routine.



listen.

Chat with your patients about DED and encourage healthy screen habits.



***About the survey**

The survey was conducted online within the United States by Edelman Intelligence on behalf of Shire between November 14, 2017 and December 3, 2017. The consumer arm of the survey included a total of 1,001 U.S. adults ages 18+ with self-reported Dry Eye symptoms or diagnosed with Dry Eye, and the professional arm of the survey included 1,000 eye care professionals in the U.S. who are optometrists (n=500) or ophthalmologists (n = 500) (ECPs).