

smart vision OPTOMETRY

DIY Myopia Prevention Checklist



ALWAYS WEAR YOUR PRESCRIPTION READING GLASSES

Especially when viewing anything within your arm's length or closer. This includes computers and tablets.



VIEWING DISTANCE

(The distance between your eyes and the screen/book) should never be closer than the distance from your elbow to your fist when your fist is placed on your chin



ENSURE GOOD LIGHTING

Especially when reading, using the computer and watching TV. Dark rooms are never a good idea.



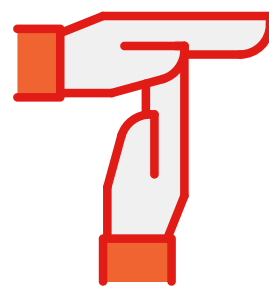
TWO LIGHT SOURCES

This is recommended when reading; a room light and a direct light on the page or task.



AVOID CLOSE VIEWING FOR EXTENDED PERIODS OF TIME.

After every page or 5 minutes spent looking at a page or screen, remember to look out a window and defocus.



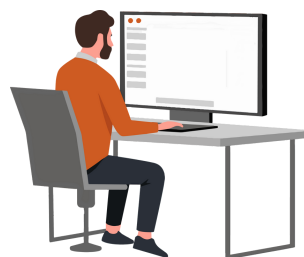
GIVE YOUR EYES A BREAK

Children should have a break every 15 minutes. 30 minutes is recommended for teenagers. The break needs to be for a minimum of 10 minutes



BALANCE IS KEY

In an ideal world, you should spend equal amounts of time outdoors using peripheral vision as indoors using central vision. New research shows that children should spend a minimum of 80 minutes outdoors in the daylight every single day.



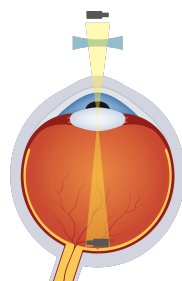
READ GLOBALLY

When reading and using the computer, try to look for "less detail". Be aware of everything else peripherally around the book.



AVOID SCREENS. MINIMISE OR ELIMINATE SMALL SCREENS COMPLETELY.

Use phones only for making calls and sending messages – no web browsing or Facebook viewing. Do that on a bigger screen further away from your eyes.



COMPLETE YOUR MAINTENANCE VISION THERAPY

As prescribed by your Smart Vision Behavioural Optometrist.