

# POWER BLUE

## DISPENSING TIPS

### DO ALL BLUE LIGHT BLOCKING LENS SOLUTIONS PROTECT THE SAME?

No. A clear blue blocking lens can only block harmful blue light that causes eye fatigue symptoms. For additional protection against blue light's effects to circadian rhythm and higher blocking of harmful blue light the lens must have a tint. When presenting a clear versus a tinted solution to patients, inform them of the difference of fashion (a clear lens option) or functionality (a tinted lens option).

### HOW DO I CHOOSE THE RIGHT BLUE LIGHT PROTECTION?

Use a lifestyle questionnaire to ask your patients about their digital device usage as well as symptoms of digital eye strain to get a better understanding of the solution they may require.

#### LIFESTYLE QUESTIONNAIRE IDEAS:

How many hours a day do you spend on digital devices?

How do your eyes feel at the end of the day?

Do you have difficulty going to sleep?

### SHOULD I ALWAYS PRESCRIBE BLUE LIGHT PROTECTION OVER A CLEAR LENS?

Yes! According to the Vision Council, 83% of Americans report using devices more than 2 hours per day. Of those American's, 63% report symptoms of digital eye strain.