

## DO YOU NEED A DIGITAL RECESS?

To be sure, our digital devices have made so many things faster and easier. But that convenience and efficiency may be coming with a price: Side effects of extended use of digital devices can include headaches; burning or stinging eyes; blurred vision; and even neck and shoulder pain. If any of these symptoms sound familiar, it may be time to take some time off from technology and give your eyes and body a rest.

**34%**

of adults feel they  
spend too much  
time using digital  
devices

Nearly  
**40%**

of adults spend more  
than 12 hours a day  
using digital devices

**31%**

Sore neck  
shoulders, back

**21%**

Headache

**25%** Tired, burning,  
itchy eyes

**20%** Watery or  
dry eyes

**19%** Blurred or  
double vision