

HOW we SEE IN 3D

3D Viewing Challenges

Three-dimensional, or binocular, depth perception requires both eyes to work together as a team. This type of perception is also known as stereopsis.

Common Causes of 3D Viewing Challenges:

- Refractive Problems – nearsightedness (myopia), farsightedness (hyperopia), and astigmatism (image is blurred no matter where you look) can all interfere with 3D viewing.
- Lack of Binocular Vision (Strabismus)
- Lazy Eye (Amblyopia)
- Eye Coordination Difficulties
- Eye Focusing (Accommodation) Difficulties
- Dizziness and Nausea

Fact: There is no evidence that viewing or attempting to view 3D images will harm a person's eyes.

3D viewing helps assure that all children are visually fit and ready to learn.

3D viewing now provides entertainment, education and public health benefits. These benefits include increased immersion in the action and story line, enhanced learning over traditional teaching methods and improved vision screening sensitivity over typical eye charts.

If my child has problems viewing 3D content what should I do?

See your Doctor of Optometry for a comprehensive eye examination.

Reflection Questions:

Have you ever watched a movie or program in 3D? Did your eyes feel tired or uncomfortable after viewing?

Next time you're watching something in 3D, alert your parents or guardian, if you are experiencing any difficulties.

