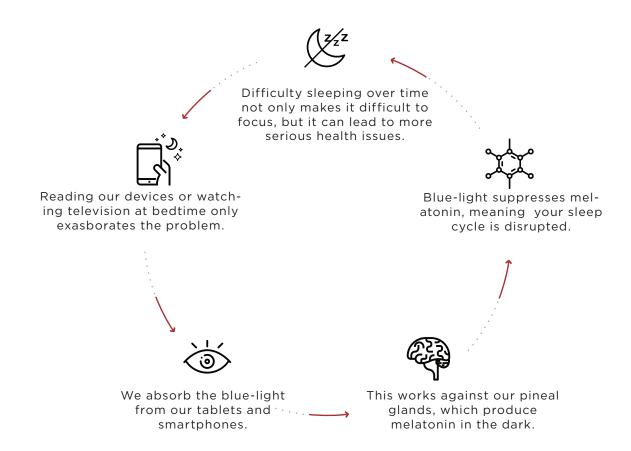


## **BREAK UP WITH BLUE-LIGHT**

We live in an age where our digital screens travel everywhere with us. But so does the high-energy blue-light (HEV) that our devices emit. Overexposure to HEV can significantly impact your eye health, causing digital eye strain, reduced sleep cycles and long-term vision problems.

## **Reduced Sleep Cycles**

Blue-light from digital devices suppresses the production of melatonin in your system. This means shorter sleep cycles, resulting in impaired memory, sleep problems and possibly depression.



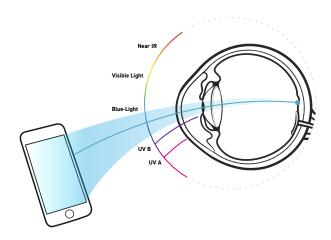
## **Long-term Vision Problems**

The more blue-light the greater the chances of eye damage and/or disease. Currently researchers are investigating potential issues associated with exposure to blue-light including retina damage, cataracts and obesity.



## Digital Eye-strain

61% of adults experience digital eye strain due to prolonged use of electronic devices. Short-term effect of digital eye strain include headaches, blurred vision, dry eyes and eye strain.



LOOK OPTIC's Retinashield $^{\text{\tiny{M}}}$  Blue Technology is here for you. LOOK OPTIC lenses are clear and provide in-mass protection. You will not see a yellow coating. In addition, LOOK OPTIC's Retinashield protection gives you enhanced performance that lasts longer and without any reflection.

