



## **Specific Recommendations to Reduce Myopia Risk**

### **1. Outdoor Activity & Light Exposure**

- Spend at least 2 hours per day outdoors (e.g., sports, walking, or playing outside).
- Increase exposure to natural daylight, as bright light helps regulate eye growth, helps with Vitamin D levels, and prevents myopia progression.
- Encourage outdoor breaks for schoolchildren during recess to balance near-work activities.

### **2. Near Work & Screen Time Management**

- Follow the 20-20-20 rule: Every 20 minutes, look 20 feet away for at least 20 seconds.
- Limit continuous near work (reading, screen use, writing) to less than 30 minutes at a time.
- Keep reading material or screens at least 12 inches away from the eyes.
- Try to do the majority of near work at night when possible.
- Consider setting devices to dark mode (black background white letters).

### **3. Ergonomic Adjustments**

- Ensure proper desk posture when reading or using devices—keep screens slightly below eye level or if reading in bed, try to lay on your back and not your stomach.
- Use adjustable chairs and desks to maintain a healthy posture, especially for children.
- Increase text size and contrast on screens to reduce strain.

### **4. Education & Awareness**

- Educate parents and teachers on the importance of outdoor play and limiting excessive near work.
- Encourage schools to integrate outdoor time into daily schedules.
- Monitor vision regularly, especially in children with myopic parents.

### **5. Sleep & Lifestyle Habits**

- Ensure at least 8 hours of sleep per night, as poor sleep is linked to myopia progression. (Best bedtime is before 9:30pm and a consistent bedtime routine is key.)
- Reduce screen exposure before bedtime to minimize eye strain and blue light impact.
- Maintain a healthy diet rich in omega-3s, vitamin A, and lutein to support eye health.



## **Age-Specific Recommendations to Reduce Myopia Risk**

### **Infants & Toddlers (0-3 Years)**

- Encourage outdoor play to promote eye development.
- Limit screen time to zero or minimal use (AAP recommends no screens under 18 months, except for video calls).
- Stimulate distance vision by using toys and objects at varying distances.

### **Preschool Children (3-6 Years)**

- Ensure at least 2 hours of outdoor activity daily.
- Limit screen time to less than 1 hour per day and encourage breaks every 20 minutes.
- Use large-font books and maintain a reading distance of at least 30 cm (12 inches).

### **School-Age Children (6-12 Years)**

- Outdoor exposure: Ensure a minimum of 90-120 minutes per day of outdoor play.
- Manage near work: Follow the 20-20-20 rule to reduce strain.
- Proper lighting: Ensure reading and screen use is done in well-lit environments.
- Encourage proper posture when reading or using screens.
- Start annual eye exams to detect early myopia signs.
- **Consider myopia control options such as Ortho-K lenses, atropine drops, or MiSight lenses.**

### **Teenagers (12-18 Years)**

- Monitor screen usage: Limit non-educational screen time to less than 2 hours per day.
- Prioritize outdoor activities: Engage in sports, jogging, or biking.
- Reduce smartphone use: Avoid prolonged use, especially at night.

### **Adults (18+ Years)**

- Adjust workplace ergonomics for proper screen height and lighting.
- Take 5-minute breaks every 30-40 minutes of intense near work.
- Engage in outdoor activities to maintain a balanced visual lifestyle.
- Regular eye exams, especially for high-risk individuals.
- Avoid exposure to second hand smoke.