

# TIPS FOR SLOWING MYOPIA



## SPEND AT LEAST 2 HRS/DAY OUTSIDE

Studies show outdoor light can slow myopia.

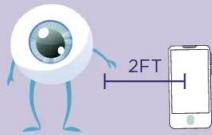
## TAKE BREAKS

Rest eyes every 20 minutes.



## SPEND LESS TIME ON SCREENS

The link between screen time and myopia is unclear. But there's no doubt that less is better.



## KEEP YOUR DISTANCE

Keep digital devices about 2 feet away and at eye level.

