5 Habits That Are Aging Your Eyes Faster Than Time Transcript

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Introduction: Habits Aging Your Eyes

Most people think their eyes are getting worse just because they're getting older. But what if I told you it's not age that's making your vision worse?

It's your habits. Every single day, the way you use your eyes is either helping them stay young and flexible or speeding up the aging process. I see it all the time in my clinic.

People in their 30s and 40s come in saying, my eyes just feel tired all time. Everything looks fuzzy by the end of the day. Is this normal? And it's not just them, even teenagers and kids are showing signs of what I call visual burnout.

I'm Dr. Bryce Applebaum, a neuro optometrist and founder of My Vision First.

Habit 1: Constant Near Focus

And today I am breaking down five habits that are quietly aging your eyes faster than time and how to undo them. Habit number one, constant near focus.

Let's start with the biggest one. Screens, phones, laptops, tablets. We spend most of our waking hours locked into something within arm's length. And when you do that, your eye muscles get stuck in what's called near-focus mode.

Think about holding a dumbbell in a bicep curl all day. Eventually, that muscle stops working the way it should. That's your focusing system. It's overworked and it's tight.

That's why you struggle to shift your focus from your computer to something across the room. Your eyes have literally forgotten how to switch gears. So if you want to support and even reverse that, give your eyes some much needed distance time.

Habit 2: Not Getting Enough Sunlight

Look out a window. Take a walk. often and let them breathe and reset. Habit number two, not getting enough real sunlight. Your eyes were designed for natural light, the kind you get outside that changes color and intensity throughout the day.

But instead we live under artificial junk lighting from screens and ceiling bulbs that never change. and they blast your eyes and brains when hanging out with them for too long.

Morning outdoor sunlight tells your brain it's time to wake up. Evening sunlight, tells it it is time wind down. Without that rhythm, your visual system loses its natural internal clock and you start feeling tired, wired or both.

So start your day by stepping outside for even two minutes. and let your eyes actually see and take in natural daylight.

Habit 3: Poor Sleep

You'll do more for your focus than any cup of coffee. Habit number three, poor sleep. Number three affects one in three adults, according to the CDC. Your eyes and brain recharge at night.

During REM sleep, your eyes are literally moving back and forth under your eyelids. Those eye movements help

your brain process visual memories and reset your visual system.

So when you scroll on your phone before bed, that bright light tricks your mind into thinking it's daytime still. You make less melatonin then. Your sleep quality drops and your eye never fully reset.

If you want your vision to feel younger, protect your sleep. Turn off screens at least an hour before bedtime, ideally more. or at least dim them and use a warm filter and or high quality blue light filter.

That's going to help a lot. Habit number four, stress. It's no secret that stress is bad for us. Chronic stress, is linked to many health problems and some sources suggesting that 50 to 90 percent of disease may have stress related origins.

Habit 4: Stress and Visual Tension

But did you know that It can have a profound and immediate impact on your vision too. When you're stressed, your body tenses up, you pupils dilate, focus locks in, and your peripheral vision narrows.

That tunnel vision response is built for survival, not for daily life. If you stay in that mode for too long, Like with constant deadlines, multitasking, rushing, or even just being on screens for too long, your eyes stay locked in fight or flight mode.

Over time, that stress becomes your visual baseline, and that's where the bad habits and often hidden functional vision problems emerge from. That's why practices like deep breathing, meditation, stretching, or even mindful blinking and of course vision performance training can make such a huge difference.

They pull your eyes and brain back into a relaxed state. Habit number five, ignoring the eye-brain connection. This last one might surprise you. It's thinking of your eye as separate from your brain.

More than half of your brain is devoted to vision, not just seeing clearly, but tracking, focusing, judging depth, and processing what you see. So if your mind is overloaded, inflamed, or fatigued, your eyes will often show it first.

Habit 5: Eye-Brain Connection

You'll feel it as brain fog, dizziness, light sensitivity, even trouble concentrating. Your eyes are basically a mirror of your brain's energy levels.

Your vision is the battery light blinking on and telling you we need a little support upstairs. If you want to see better, think better and focus better.

You have to train your eye brain connection, not just attempt to put a bandaid on it with glasses. So if your eyes feel older than you are, it's probably not age.

It's these five habits. The good news is every one of these is fixable. Your brain has neuroplasticity, your visual system can adapt just like a muscle can.

You just have to give it the right inputs. I've put together a free guide with simple daily habits that help your eyes and brain work together better.

You can grab it at screenfit.com forward slash guide. And if you found this helpful, hit like, subscribe, and share it with somebody who's been complaining their eyes just don't feel the same anymore.

Because your aren't aging, they're adapting. With the right training, you can adapt in the correct direction.