What screens are doing to our vision with Dr.Bryce Appelbaum Transcript

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Pandemic Screen Time and Vision Problems

During the pandemic, many of us found ourselves spending more time than ever in front of digital devices. And now, screens are literally everywhere and have become the new normal when it comes to work and learning.

But for so many us, this is creating symptoms such as headache, eye strain, blurry vision, trouble focusing, dry eyes, light sensitivity, disrupted sleep, the list goes on and on.

And our children are being introduced to digital devices and technology at earlier and earlier ages before they are visually ready.

Children, Early Device Use, and the ScreenFit Origin

This severely impacts development not only cognitively, emotionally, and socially, but visually as well. As a concerned parent, I was shocked to see the negative effects that excessive screen time was having on my children's visual system and overall well-being.

I remember this particular Sunday afternoon in 2020 as if it were yesterday. where I looked across the room and saw all three of my young kids with their heads buried in their tablets.

My stomach literally dropped. With my background as a functional eye doctor, we were clearly not a house that supported screen use at such young ages.

And yet, here they were, compulsively engaged with the screen for school, for homework, playtime, and for entertainment. This is when the light bulb went off in my head.

For my kids and the entire world, screens aren't going anywhere.

What ScreenFit Is and Who It's For

And this is going to continue to become a bigger and bigger problem unless we do something to counter or even slow the negative influence these devices are having on our eyes and on brains.

And at that moment, that was when ScreenFit was born. So if you suffer from headaches, tired eyes, fatigue, lack of energy, or neck or back pain, then Screenfit is for you.

ScreenFit is a vision wellness program designed to help reduce symptoms and promote healthy visual habits during extended screen time. We have created an unparalleled curriculum that focuses on the practical application of various vision lessons so that you can develop the visual foundation to thrive in this digital world.

With each course, you'll be guided through one new vision lesson per day that shouldn't take more than 10 to 15 minutes per for 30 days.

How the Program Works

You'll learn how to relieve the stress that technology places on our visual systems, empowering you with the tools to support healthy visual habits and efficient use of the eyes as a coordinated team.

Try ScreenFit today and take the first step towards a healthier, happier digital lifestyle. Say goodbye to annoying symptoms and hello to a brighter, more comfortable screen time experience.

Take the First Step Toward Healthier Screen Time

Screen Fit, promoting digital vision wellness one lesson at a time.