What Your Eye Doctor Never Asked You (But Should Have) Transcript

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Introduction: What Eye Doctors Often Miss

What your eye doctor never asks you, but should have. Most eye exams go something like this. You cover one eye, you read the tiny letters. Do you cover the other eye?

You read other letters on the letter chart. Is it better one or two? One or Two? We all know the drill. And then you walk out with a new prescription.

But here's the problem. There are some really important questions about your vision that almost no one ever asks you. And if those questions never come up, the real issue never gets addressed.

Today, I wanna walk you through what your eye doctor probably never asked you, but absolutely should have.

Why Vision Is More Than the Eye Chart

I'm Dr. Bryce Applebaum, neurooptometrist and founder of My Vision First. I help people fix vision problems that don't show up on the standard eye chart.

Things like eye strain, headaches, brain fog, motion sensitivity, poor focus, and fatigue. And what I've learned over the years is this, most people don't have just a vision clarity problem, they have a visual function problem.

Question 1: Eye Fatigue and End-of-Day Strain

It starts with the questions that nobody is asking. Question number one, how do your eyes feel at the end of the day? Not how well you see, but how you feel.

Do your eyes feel tired, heavy, dry or strained by mid-afternoon? Do you get headaches or discomfort behind the eyes? Does your focus fade as the day goes on?

If your vision only works well in the morning that's not normal. That's a sign your visual system is being overworked. Clear vision that isn't comfortable, that is a healthy vision.

Question number two, how much time do you spend on screens?

Question 2: Screen Time and Visual Stress

Phones, laptops, tablets, TVs, most people are on screen eight to 10 hours a day. And the average kid eight, to ten years old in U. S. is on the screen six hours.

But no one talks about what that does to the visual system. When you stare up close for long periods of time, your eyes lock into this near-focus mode.

Your blink rate drops. The inside and outside muscles of the eyes are under tension. You brain works overtime just to keep things clear. Oh, and by the way, then you have to process all that information.

If your eyes feel worse because of screens, that's not just about blue light. It's about visual stress. And if no one asks about that, and no does the right tests to analyze the systems involved, it never gets addressed.

Question 3: Dizziness and Busy Environments

Question number three, do you feel dizzy, motion sick, or overwhelmed in busy environments? Grocery stores, crowds, scrolling, driving, busy visuals. These symptoms often get labeled as anxiety or attention issues, but very often they're actually coming from the eye-brain connection, not processing information efficiently.

If your eyes and brain aren't working well together, your nervous system stays on high alert. That's a functional vision problem, just not one you can see on an eye chart.

Question four, how is your sleep? Your eyes in brain reset at night. During deep sleep, your brain recovers and restores.

Question 4: Sleep and Visual Recovery

During REM sleep your eyes are actively moving to help process visual information from the day. Poor sleep disrupts this essential reset. If you're exhausted, wired, or waking up feeling foggy or your visual system may never be fully recovering.

Vision health doesn't stop when your eye is closed. Question five, have you ever bumped your head? Sports injuries, car accidents, falls, hitting your head on the cabinet, childhood playground mishaps.

This question almost never comes up, but it matters way more than most people realize. Vision is represented in every lobe of our brain.

Question 5: Head Injuries and Vision Processing

Not eyesight, vision. And head injuries disrupt how the eyes track, focus, and work together, often long after the injury itself feels resolved. People can struggle for years thinking something else is wrong with their brain or their attention when the issue is actually visual processing and an inefficient eye-brain connection.

Why these questions matter. If no one asks these question, the solution is always the same.

Why These Questions Matter for Treatment

stronger glasses, different glasses reading glasses blue light filters but if the problem is how your eyes and brain are working together those tools at best only mask the symptom they don't fix the system vision is not just about seeing clearly It's about how efficiently your brain takes in and processes the world.

If any of these questions made you pause or think, no one has ever asked me that, you're not alone. I created a quick vision quiz that helps you understand whether your symptoms are normal or signs of a deeper visual function issue.

It takes less than two minutes to complete and breaks down what's really going on with your visual system. The link is in the description.

Vision Quiz and Closing Message

And if this helped you see vision differently, subscribe for more conversations just like this. Because the future of eye care isn't about clearer vision, it's about better brain performance.