Your Vision Is Probably Not as Fine as You Think Transcript

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Why Vision Problems Go Unnoticed

Why everyone thinks their vision is fine until it isn't. Most people don't walk around thinking they have a vision problem. They say things like, my eyes are fine or I'm just tired or, I probably need more coffee or it's just screens or just getting older.

And then one day something feels different. Reading feels exhausting. Screens suddenly drain you. Bright lights start bothering you, your focus drops.

You get headaches that don't really make sense. That's usually when people finally ask, what's wrong with my eyes? But here's the part most people never hear.

Vision problems usually don't show up all at once. They build slowly, quietly, while your brain works overtime to work around them or hide them. I'm Dr.

Bryce Applebaum, a neurooptometrist and the founder of MyVisionFirst and ScreenFit. I work with people who are high functioning, motivated, successful, and often very healthy on paper.

But inside, they're exhausted, foggy, overwhelmed, or struggling to focus.

How the Brain Compensates for Poor Vision

And almost every single one of them says the same thing when they walk into my office. I think my vision is fine. until we actually test it. Today, I want to explain why so many people think their vision is fine until it isn't.

What's really happening behind the scenes and how to catch these issues before they turn into something bigger. Your brain is really good at compensating.

The brain incredibly adaptive. That's usually a good thing. If your eyes aren't working efficiently, your brain steps in. It works harder, it fills the gaps, and it pushes through.

So instead of blurry vision, you feel tired. Instead of double vision you get headaches or poor depth perception. Instead if eye strain you feel foggy or anxious.

The brain's job is to keep you functional, not necessarily comfortable. So you don't think, I have a vision problem. You just think something feels off.

Why Eye Charts Miss Visual Issues

And because you can still see clearly on an eye chart, everyone assumes your eyes are fine. including you. Why the eye chart misses the problem. Most eye exams are designed to answer one question.

Can you see clearly? That's eyesight. But vision is much bigger than that. Vision includes how your eyes focus, how they move, and how to work together and how your brain processes what you see over time.

You can have perfect 20-20 eyesight and still have a visual system that's working incredibly inefficiently. That's why people say things like, I can see fine, but reading wipes me out, or screens destroy me, Or every eye test says I'm fine but something still feels wrong, something feels off.

They're not imagining it, they're compensating. The slow burn of visual stress.

The Slow Build of Visual Stress

Most vision problems today aren't caused by injury or disease. They're caused how we use our eyes every day. Constant near focus. Screens at arm's length for hours.

So little distance viewing. artificial lighting and junk lighting, not enough time outside, poor sleep, chronic stress. None of this breaks your vision overnight.

Instead it creates low-level visual stress that builds quietly over years. Your eyes get locked into near mode, your blink rate drops, you're focusing system tightens, and your brain never fully gets a break.

And because this happens gradually, you normalize it. Feeling tired feels normal. Headaches feel normal, losing focus feels, normal until your system can't keep compensating anymore.

And by the way, there's a difference between common and normal While a lot of this is common, it is not normal. The moment things start to crack. This is usually when people finally seek help.

Maybe it's after a concussion, maybe after stressful period at work, or after other health issues that feel unrelated but for sure are related. Or after burnout or a major life change.

Suddenly the symptoms get louder.

When Symptoms Finally Get Worse

Screens feel unbearable. Motion makes you dizzy. Reading feels impossible. Light sensitivity shows up. Anxiety ramps up." People say, I don't know what changed.

What changed is your brain ran out of extra bandwidth. The vision problem was always there. Your brain was just covering for it. why this shows up as more than an eye problem.

Here's something most people don't realize. Over half of your brain is devoted to vision, not eyesight, vision. So when your visual system is inefficient, your entire brain feels it.

That's why vision issues often show up, as fatigue, brain fog, anxiety, motion sensitivity, or trouble concentrating. People chase supplements, productivity hacks, medications, and stronger glasses, But the root issue is still there.

The eye-brain connection is overloaded.

Vision, Brain Fog, and Fatigue

Why this is fixable. This part matters. Just because your brain has been compensating doesn't mean you're broken. It means your system adapted. And that there are likely bad habits in place.

Everything that adapts can be retrained. Vision is brain based. The brain is plastic. Your visual system can learn to work efficiently again. This is something called neuroplasticity, and it exists for the visual brain.

Even though you may have been told that while the brain can learning tricks, it's different with vision. Let me tell you, It's not different. Any brain at any age can be improved and enhanced when it comes to vision When we stop asking, can you see clearly and start asking How hard is your brain working to make that happen?

How Vision Can Be Retrained

That's when things really start to change. What to watch for before it gets worse. If you want to catch these issues early, look at patterns, not just clarity.

Do your eyes feel tired faster than they should? Do screens drain you mentally? do you avoid reading even though you can see the words? To bright lights or busy environments overwhelm you?

Do you feel better when you're moving or outside? Those are signals. Your brain is telling you it's working too hard to see. Harder than it supposed to.

Most people don't intentionally ignore vision problems. They just don' know what to look for. Because no one ever taught them that vision is so much more than eyesight.

If you've been feeling off, exhausted, foggy or overwhelmed, and every test so far says you are fine, Your vision may be the missing piece.

Early Warning Signs and Next Steps

The good news is you don't have to wait until things get worse to address it. I've put together a simple guide that helps you understand your visual system and start supporting the iBrain connection at home.

You'll find it linked below. Your Vision isn't broken, your brain has just been doing too much work and it doesn't HAVE to anymore.