



INSIGHTS

How Myopia Affects Your Sleep Schedule

Sleep plays a crucial role in mental and physical health, and several recent studies have suggested that irregular sleep-wake patterns in children may contribute to higher refractive error. In addition, other research has shown a link between myopia and shorter sleep duration.

New Data on Sleep-Wake Schedules and Myopia Risk

In a recent study published in *BMC Ophthalmology*, researchers from China found an association between irregular sleep-wake schedules and myopia risk among school-aged children and adolescents. The study, which included over 30,000 students, used questionnaires to determine sleep-wake schedules. The presence of myopia was determined based on the age that a child first reported using myopia-correction glasses or contact lenses.

According to the results, the overall prevalence of myopia was 49.8% but increased with age. The prevalence of myopia was 25.6% for primary school students but rose to 62.4% for junior high school students and 75.7% for senior high

school students. Importantly, a higher prevalence of myopia was seen among students with irregular sleep-wake times.

Sleep Factors Linked to Myopia

Several factors appeared to be associated with an increased risk of self-reported myopia, including nighttime sleep duration of less than 7 hours per day, no daytime nap, and irregular weekday wake times and bedtimes. Other factors linked to higher risks of myopia included weekend wake time and bedtime delays of more than 1 hour per day, irregular sleep-wake time on weekdays, and “social jet-lag”—defined as the discrepancy in sleep time between weekdays and weekends—of more than 1 hour per day.

In an analysis stratified by school grade, the following were associated with self-reported myopia in primary school students:

- Nighttime sleep duration less than 7 hours per day
- No daytime naps
- Irregular sleep-wake time on weekdays

Promote a Healthy Sleep Schedule

Parents of younger patients should enforce a healthy sleep schedule to help reduce their child’s risk of developing myopia or possibly prevent the impact of insufficient sleep on refractive error. Ideally, a child’s sleep schedule should have:

- Sufficient duration
- Proper and regular timing
- Good quality

The sufficient duration is defined as 9-12 hours per day for children aged 6-12 years and 8-10 hours per day for adolescents aged 13-18 years. Additionally, it’s important to talk to your eye doctor about sleep disorders and other obstacles to a healthy sleep schedule.

With a better understanding of irregular sleep-wake schedules, it may be possible to develop more effective approaches to preventing myopia in these individuals. Talk to your doctor today to learn more about effective methods for preventing and controlling myopia in children and adolescents and discuss what can be done to ensure adequate sleep while maintaining a regular sleep-wake schedule.





Keep Glasses From Slipping Off Your Nose



For people who wear glasses regularly, it can be a nightmare when their glasses continually slide down the nose. Glasses can slide down your nose for many reasons, such as the hinge screws being loose, the glasses being crooked, or the frames being too big or heavy. In some cases, moisture and sweat or grease on glasses can also lead to sliding. Even just wearing and handling your glasses every day can cause them to loosen up a bit.

To keep glasses from sliding, ensure they're the right size and that the hardware is tightly fastened. Other strategies include:

- Adjusting the eyeglasses nose pads
- Wearing grips on earpieces of the frames
- Using a frame with flexible arms to customize them to your measurements
- Selecting an eyeglass band that wraps around your head to secure your frames
- Use glasses wax to hold frames in place

Daily proper eyeglass care is key when it comes to preventing slipping. This includes keeping your glasses clean, using facial cleansers, not sleeping in your glasses, and keeping your glasses protected in a hard case when not in use. When in doubt, ask your optometrist for help!



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Eyes are the Second Most Complex Organ In the Human Body

After the brain, our eyes are the most complex organ in our bodies. Each eye consists of more than two million working parts, aiding in our vision and perception of the world around us.

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References:

1. JJV Data on File, 2022. CSM Subjective Responses ACUVUE® OASYS MAX 1-Day Contact Lenses - Retrospective Meta-analysis. 2. JJV Data on File 2022. TearStable™ Technology definition.

‡ Filtering of HEV light by contact lenses has not been demonstrated to confer any health benefit to the user, including but not limited to retinal protection, protection from cataract progression, reduced eye strain, improved contrast, improved acuity, reduced glare, improved low light vision, or improved circadian rhythm/sleep cycle. The Eye Care Professional should be consulted for more information.

† Versus publicly available information for standard daily use contact lenses as of July 2022.

Important information for contact lens wearers: ACUVUE® Contact Lenses are available by prescription only for vision correction. An eye care professional will determine whether contact lenses are right for you. Although rare, serious eye problems can develop while wearing contact lenses. To help avoid these problems, follow the wear and replacement schedule and the lens care instructions provided by your eye doctor. Do not wear contact lenses if you have an eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. If one of these conditions occurs, remove the lens and contact your eye doctor immediately. For more information on proper wear, care and safety, talk to your eye care professional and ask for a Patient Instruction Guide, call 1-800-843-2020, or visit www.acuvue.com.

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EYE-DROPS

Do you know dolphins sleep with one eye open?

Dolphins usually only sleep with one side of their brain at a time, meaning one half of their brain is snoozing with its eye shut, while the other half of their brain is wide awake and on the lookout for predators.

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INSIGHTS

Motion Sickness Glasses: Are They Right for You?

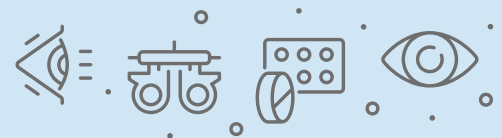


Motion sickness is a normal response to mismatched motion signals. Affecting about one-third of all Americans, motion sickness is most commonly seen in women and children, people who get headaches, individuals of Asian descent, and those with a family history of motion sickness.

Motion sickness glasses are designed to relieve symptoms by matching the motion signals sent by your eyes with other signals from your body. Motion sickness glasses have specialized frames that are filled with liquid, which moves with motion. The eyes perceive this motion and signal the brain to align better with cues from the rest of your body. These glasses must be worn for about 10 minutes after the first symptom is noticed.

Tunnel vision glasses are another type of motion sickness glasses that create a narrower field of vision. These glasses help reduce motion sickness symptoms by decreasing the number of mismatched cues the eyes send to the brain.

If you are one of the millions of people worldwide who experience motion sickness, it may be worth talking to your optometrist to see if motion sickness glasses can help ease your symptoms. Being prepared with these glasses and armed with other treatments may help you cope better with your symptoms or possibly avoid them altogether.



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