



VISION WELLNESS CHEAT SHEET



• LIGHTING RECOMMENDATIONS

- Warm LED bulbs
 - ≤3500K
 - 40-50 watts
- Red lights in the bedroom
- Avoid dimmers following a brain injury
- Caution with fluorescent bulbs
 - Particularly if prone to migraines or following a brain injury

• GLASSES OR TINTS

- Sunglasses should be UV indexed
- Polarized sunglasses
- Yellow tint for contrast improvements
- Specialized tints following brain injury or suffering from migraines
- Trivex material for optimal optics and protection
- Blue Blockers
 - Use with computer screens
 - Improves sleep
 - Using at night versus early in the morning

• SCREEN TIME

- For every 30-minutes of screen time, take a 5-minute break
 - View into the distance
- Use night mode or blue blocker in the evening
- Set for reverse contrast following a brain injury or if prone to photophobia (light sensitivity)
- Avoid as much as possible 2-hours before bedtime

• NUTRITIONAL SUPPLEMENTS AND DIET

- Leafy green vegetables
- Salmon, tuna, and oily fish
- Eggs, nuts, beans, and other protein sources
- Oranges and other citrus fruits
- Colorful fruits and vegetables
- Whole grains such as quinoa, brown rice, whole oats
- Increasing Macular Pigment Optical Density
 - Eyepromise Vizual Edge Products
 - Vizion Edge
 - *National Science Foundation (NSF) certified
- Dry Eye
 - Bausch + Lomb Blink NutriTears®