

# Screen time, digital eye strain, and the Sync III™ solution

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Connecting to your patients.

We are living in a world of screens and new visual demands. Patients need help pinpointing their digital eye strain (DES) symptoms and finding a solution. [Premium computer lens designs](#), like HOYA's Sync III™ boost lens design, are helping ECPs address digital eye strain (DES) by offering accommodative support and reducing the visual stresses from screen addiction.

## Narrowing down the right digital eye strain solution

For patients who are ages 10-45 and are suffering from the accommodative stresses of digital eye strain, the Sync III™ lens design is a first choice. Sync III™ are HOYA's third generation anti-fatigue lenses that come in three accommodative boost powers. The lens can give a +0.57D, +0.95D or +1.32D boost to fit all demands.

Sync III™ is not a "baby progressive," which is what would have been prescribed in the past. The transition from distance to near is seamless with very easy adaptation. Below is a power distribution scan of a Sync III™ +0.95D boost.



The power distribution from the distance +1.00D to the full boost of +0.95D (+1.00) is located 16mm below the Optical Center (OC). This smooth power boost brings accommodative support without compromising vision, especially in younger patients.

## Demonstrating DES relief

When a patient asks if this solution really relieves DES, I always like to demonstrate. To have a patient "feel" the visual stresses of viewing their phone for even a short period of time can be enlightening. To do this, have the patient take out their phone and hold it at their normal distance of 8-12". Then, hold a +1.00 flipper in front of their eyes.

Explain that by doing this, we are relaxing their internal muscles that normally have to work to focus on the phone screen. When the flipper is removed, they will be able to "feel" how much their eyes are working to make things clear. When the flippers are removed, watch the patient close their eyes, blink heavily, or push the phone away.

Parents will see the reaction, and patients will "feel" what their eyes have been doing all day. It's a simple demonstration that will go a long way to show [the benefits of using the Sync III™ boost technology](#).

Sync III™ boost lenses should be seen as the first line of defense — a simple solution for our younger and pre-presbyopic patients that are symptomatic of digital eye strain.

Looking for more information? Check out the HOYA USA Vision Care blog for ECPs: <https://blog.hoyavision.com/en-us>.