This Myopia Moment provides a brief overview of three lifestyle factors to include in conversations with children and their parents about myopia management. Please refer to the source references for more details.

1. **TWO HOURS OUTSIDE PER DAY**

   **WHAT WE KNOW:**
   Studies have found that time spent outdoors can help prevent or delay the onset of myopia or halt or slow its progression.

   **WHY?**
   While more research is ongoing, factors such as the 3D nature and bright light that come with time spent outdoors have a positive effect on the development and progression of myopia.

   **WHAT TO RECOMMEND?**
   Mention that the more time spent outside the better the effect. Suggest a minimum 2 hours per day of outdoor activity at any point during the day, including school time.


2. **TWO EXAMS PER YEAR**

   **WHAT WE KNOW:**
   It is important to provide comprehensive eye exams to children early to delay the onset or slow the progression of myopia. The signs of a child becoming myopic may already be evident in 4 year-olds.

   **WHY?**
   Behavioral changes and optical interventions have the most impact when initiated as early as possible.

   **WHAT TO RECOMMEND?**
   - Encourage pre-school age children to come in for a comprehensive eye exam.
   - Follow-up: Yearly examinations or twice a year for children at particular risk.


3. **TWO MAXIMUM OF SCREEN TIME**

   **WHAT WE KNOW:**
   Some studies have found a correlation between screen time and near work with the onset of myopia.

   **WHY?**
   Further research is needed to understand why excess viewing on devices and near work may influence myopia, but eye care professionals have reported higher rates of myopia during the COVID-19 pandemic as more children have increased schoolwork due to remote screen time.

   **WHAT TO RECOMMEND?**
   Encourage patients to follow the 20-20 rule: for every 20 minutes spent looking at a screen take a break by looking into the distance for 20 seconds.