

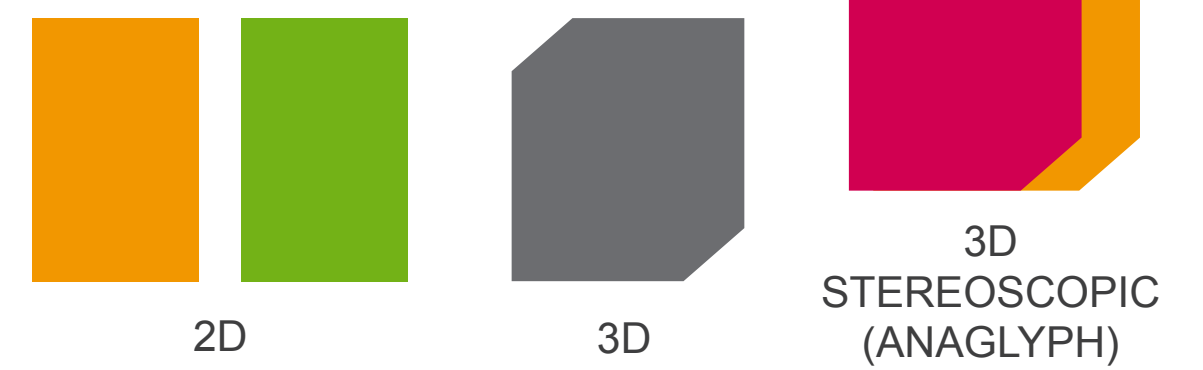
# 3Ds AND EYESIGHT

Not before 6 years of age, use in moderation up to the age of 13

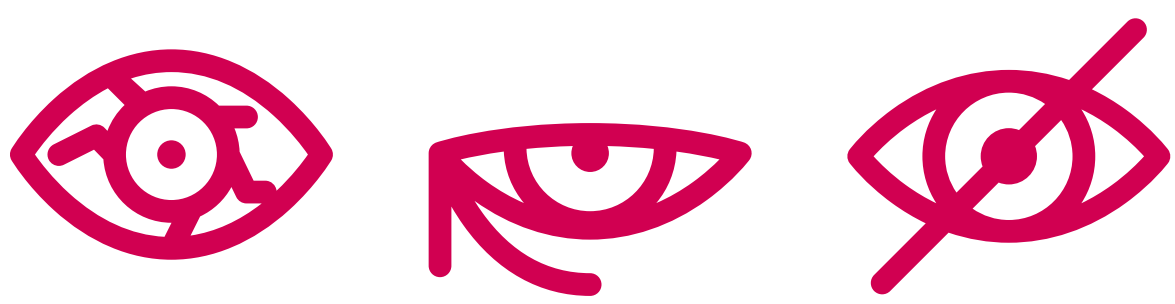
Technologies in three stereoscopic dimensions, or so-called « 3Ds » technologies, have developed considerably in recent years. 3Ds films at the cinema, 3Ds televisions, games consoles and mobile phones: we are becoming increasingly exposed.

What are the potential risks to eyesight, especially for children, related to the use of 3Ds technologies?

2D, 3D OR 3Ds ?



## FINDINGS

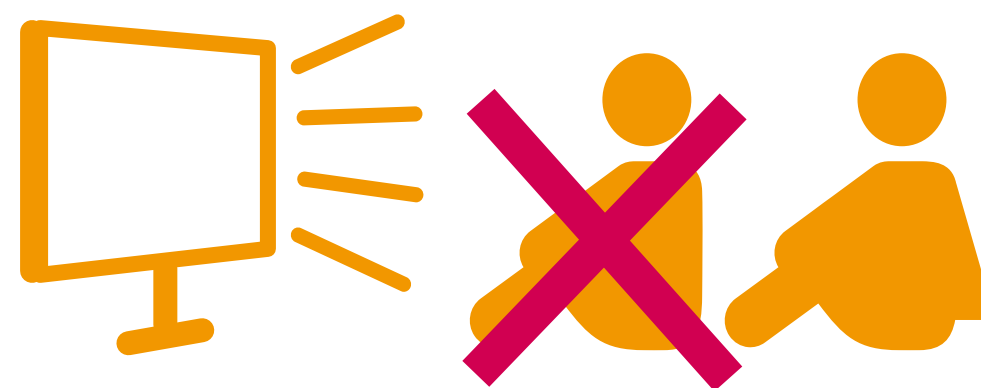


- ◆ The use of 3Ds technologies can generate visual fatigue (**dry eye sensation, eyesight disorders, headaches**), and others symptoms (**backache, loss of concentration**) that should act as a warning.
- ◆ In adults, these symptoms are temporary.



- ◆ In children, especially those **under the age of 6, longer-term health effects** may appear, because their visual system continues to develop until adolescence.

## TO AVOID VISUAL FATIGUE

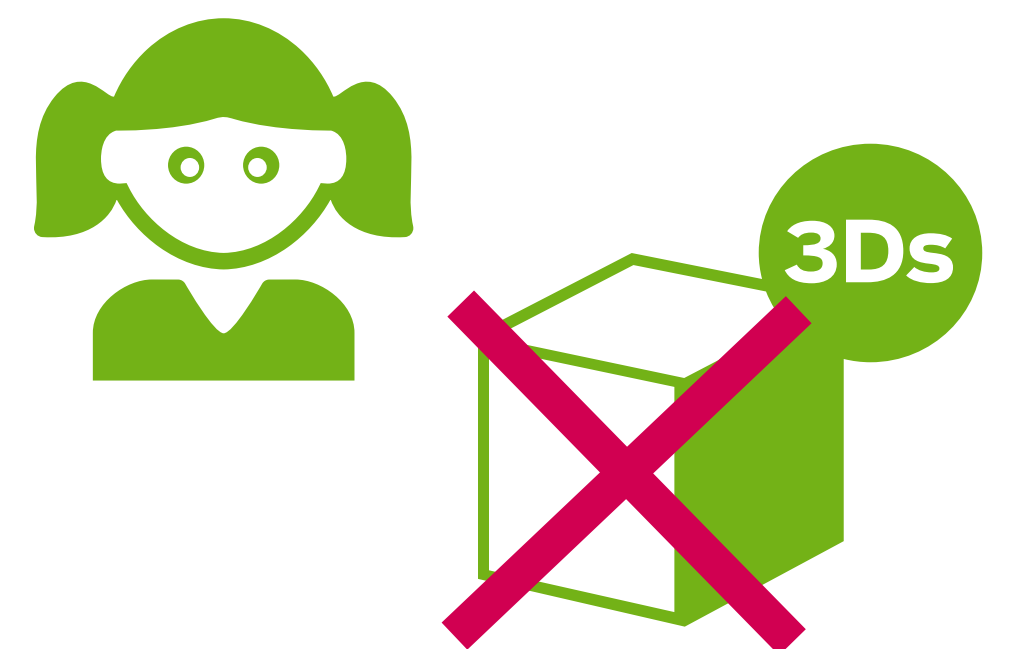


- ◆ Do not sit **too close to the screen** when you watch a film or play on a console.
- ◆ Wear your **glasses or lenses**.
- ◆ Follow the **user instructions** for your 3Ds TVs, consoles, phones, etc.



- ◆ If symptoms do appear, reduce the use of these technologies and **consult an ophthalmologist**.

## ANSE'S RECOMMENDATIONS



- ◆ No 3Ds technologies for children **under 6 years of age**.



- ◆ Use in moderation for those **under the age of 13** while watching out for the appearance of symptoms caused by visual fatigue.

