



The Impact of Light on Our Daily Lives

Johnson & Johnson Vision Survey Reveals the Majority of Britons' Eyes are Bothered by Light on a Daily Basis



About **7 in 10** Britons say their eyes are bothered by some type of lighting condition on an average day.

Millennials and Gen Z are more likely to report reactions from their eyes being bothered by light



Just over half say they are bothered by light when moving from dark light to bright light (e.g. from the cinema)



Most Britons who experience bothersome light issues say they help their eyes cope by shading their eyes (74%) and squinting (71%).



52% of Britons are at least somewhat concerned about the impact light can have on their eyesight.



70% agree it is important to take precautions to protect your eyes from bright/harsh light.



However, a third (32%) of Britons say they don't do enough to protect their eyes from bright and harsh light.



53% of Britons wear sunglasses when outside as a precaution to protect their eyes.

When bothered by light, people from the UK most often say:



THEIR EYES FEEL TIRED
43%



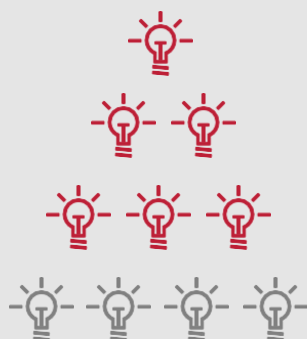
THEY FEEL FRUSTRATED/ IRRITATED
26%



THEY FEEL DISTRACTED
29%



THEY GET A HEADACHE
26%



Just over half of Britons (52%) are concerned about the impact of light on their eyes; but only about 1/3 (34%) have discussed this with an eye care professional.



Driving is the most common situation when Britons are bothered by light (56%).



In fact, 27% say light has a negative impact on their driving experience.



More than a third of Britons (39%) wish their eyes could keep up and adjust to different light conditions as quickly as their busy life.