

Wellness for Your Whole Self—Eyes Included!

Did you know? Screen time now averages more than 11 hours per day, which can lead to eye strain, sleep disruption, and long-term vision concerns. That's why LifeSpeak Inc. has partnered with Eyesafe, a global leader in blue light solutions, to tackle the impact of screen time on eye health and overall wellbeing.



Explore our Programs

Learn eye-friendly habits for home, work, and school with our two blue light video series featuring leading eye doctors. Daily lessons provide the knowledge and tools to protect your vision and your family's. Start learning today!



BLUE LIGHT & EYE HEALTH FOR ADULTS

9 ACTIVITIES
DURATION: 2 WEEKS

Learn how to protect your vision in the digital age with expert insights on blue light's effects, from eye strain to sleep and mental health, plus practical strategies to reduce its impact and enhance your wellbeing.

START PROGRAM



BLUE LIGHT & EYE HEALTH FOR KIDS

8 ACTIVITIES
DURATION: 2 WEEKS

Learn how to protect your child's vision, sleep, and brain health from blue light with expert insights, practical strategies, and healthy screen habits for home and school.

START PROGRAM

Exclusive for LifeSpeak Inc. Members*!

Through our partnership with Eyesafe, LifeSpeak members* can access a **\$25 voucher** for Eyesafe Eyewear, designed with eye doctors to filter blue light, reduce eye strain and support better sleep.



Visit Eyesafe
Use this code at checkout!

Why Eyesafe?

- Advanced protection – Filters 2x more blue light than leading lens coatings¹
- Less eye strain – 99% users report feeling more relaxed and comfortable²
- Better sleep – Enhances melatonin up to 96%, helping regulate sleep cycles³

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1. Based on Eyesafe internal testing
2. BluTech Wearer Study of over 2,000 patients, 2023
3. BluTech study, published by Van, et al. "Blue Light-Blocking Glasses May Help With Sleep, Cognition." Nova Southeastern University College of Optometry, presented at the American Academy of Optometry (AAOpt) October 14, 2017

*Voucher and Eyesafe products are available for U.S. members only



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