

Press Release

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New global research reveals people are not taking enough care of their eyes at a time when there are ever increasing pressures on sight

- *Managing weight, stress and fitness levels are prioritised above eye health*
- *Globally, over half (57%) of people do not regularly get their eyes checked*
- *This is despite the average adult spending more than six hours a day looking at a screen and over half (56%) experiencing side effects like eyestrain*
- *Only two in five people (42%) currently opt for lighting that is kinder on their eyes*

Eindhoven, The Netherlands – Philips Lighting (Euronext Amsterdam ticker: LIGHT), the world leader in lighting, has today released findings that reveal how low a priority eye care is for adults globally. This comes at a time of record levels of myopia, with the World Health Organization predicting that one in two people will be short sighted by 2050¹, and ever-increasing pressures on sight with people spending more time indoors in front of computer screens and smart devices.² Currently, eye health is taking a backseat compared to fitness and weight loss, despite people's reliance on their eyes for everyday living.

The study of over 8,000 adults across eleven countries – China, Czech Republic, France, Germany, Indonesia, Poland, Spain, Sweden, Thailand, Turkey and USA – was commissioned in order to explore how quality LED lighting can help with eye comfort. The research revealed that while the average person spends more than six hours a day looking at a screen, only 42 percent are currently using lighting that is softer on the eyes. Similarly, only a third (32%) of people globally would consider how comfortable a light was on their eyes, when making their purchasing decision.

The study also found that when it comes to personal well-being, eye comfort does not rate highly as a well-being priority. Currently over two thirds of people globally (68%) use weight and fitness (57%) as indicators of overall health and well-being, yet only a third (34%) see eyesight as a sign of overall wellness. In addition, only half of those surveyed cited caring for their eyesight as one of their top three personal well-being priorities and only 43 percent visit an eye doctor on a regular basis.

The importance of light

When it comes to lighting and eye comfort, people also aren't acting on their convictions. While 74 percent of those surveyed agree that quality lighting impacts on sight, only 28 percent would choose a light bulb which is more comfortable for their eyes, despite the price. Additionally, while 66 percent of people say they would hypothetically spend more on a bulb if it was proven to be good for their eyesight, only 42 percent actively choose lighting that is softer on the eyes.

¹ The impact of myopia and high myopia, March 2015 – World Health Organization

² <http://www.nature.com/news/the-myopia-boom-1.17120>

PHILIPS Lighting

“Quality lighting is not only related to longevity, but is also incredibly important when it comes to ensuring our eyes aren’t strained and feel comfortable,” explains Rowena Lee, Senior Vice-President for BG LED at Philips Lighting. “Crucially people should choose high quality LEDs that have no flicker. This is fundamental to what our team of scientists do, working tirelessly to develop quality and industry leading LEDs that consumers love, which are easier on the eyes.”

The “comfort criteria”

Philips Lighting has developed detailed testing conditions – “comfort criteria” – to assess flicker. Within this criteria, Philips LEDs are checked to ensure they pass the high standards required while providing energy efficiency and an average lifespan of over a decade.

Consumers can enjoy comfortable lighting with Philips LEDs, including:

- [Philips LED A60 bulb](#) - is the most popular bulb in the range
- [Philips LED A60 bulb \(frosted\)](#) - the classic and familiar bulb shape
- [Philips LED A60 clear filament bulb](#) - visible filaments are designed to be seen and look good, off and on
- [Philips LED GU10 spot](#) - the most popular spot in the range

For more information, visit www.philips.pl/led

About the research

All figures, unless otherwise stated, are from research undertaken by ResearchNow. Research was conducted in July 2017, polling over 8,000 adults from eleven different markets; China, Czech Republic, France, Germany, Indonesia, Poland, Spain, Sweden, Thailand, Turkey and USA. The surveys were completed online.

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About Philips Lighting

Philips Lighting (Euronext Amsterdam ticker: LIGHT), a global leader in lighting products, systems and services, delivers innovations that unlock business value, providing rich user experiences that help improve lives. Serving professional and consumer markets, we lead the industry in leveraging the Internet of Things to transform homes, buildings and urban spaces. With 2016 sales of EUR 7.1 billion, we have approximately 34,000 employees in over 70 countries. News from Philips Lighting is located at the [Newsroom](#), [Twitter](#) and [LinkedIn](#). Information for investors can be found on the [Investor Relations](#) page.