Claims

1. A system for reducing the impact of near distance viewing on at least one of myopia onset and myopia progression, the system comprising:

an electronic display;

a range finder operatively associated with the electronic display and configured to determine the distance between a user and the electronic display;

a display controller operatively associated with the electronic display; and

a microprocessor in communication with and configured to coordinate the operation of the range finder and the display controller,

wherein the microprocessor is configured to automatically distort the display via the display controller via pixilation to thereby render it unclear to a user when the display is closer to the user than a predetermined safe viewing distance and automatically restore the image when the display is at a distance greater than said predetermined safe viewing distance to thereby render the display clear to said user, the microprocessor determining the average pupillary distance of the user to determine if the user is an adult or child and adjusting the predetermined safe viewing distance accordingly.

2. The system for reducing the impact of near distance viewing on at least one myopia onset and myopia progression according to Claim 1 further comprising a facial recognition module.

3. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 2, wherein the electronic display is part of an electronic device.

4. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 3, wherein the electronic device is a hand-held device.

5. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 3, wherein the electronic device is a desk-top device.

6. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 3, wherein the range finder comprises an emitter/detector pair.

7. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 3, wherein the facial recognition module comprises a camera and associated software for making facial comparison calculations.

8. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 3, wherein the facial recognition module comprises a charge couple device (CCD) array and associated software for making facial comparison calculations.

9. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 1, wherein disrupting the image comprises pixelating the image.

10. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to Claim 1, wherein disrupting the image comprises blurring the image.

11. The system for reducing the impact of near viewing on at least one myopia onset and myopia progression according to claim 1, wherein the predetermined safe viewing distance is between 14 and 16 inches.

12. A method for reducing the impact of near distance viewing on at least one of myopia onset and myopia progression, the method comprising the steps of:

calculating the distance between a user and an electronic display; determining the average pupillary distance of a user to determine if the user

is an adult or child;

automatically distorting an image displayed on the electronic display via pixilation to thereby render the display unclear to said user when the calculated distance between the user and the electronic display is below a predetermined safe, wherein said predetermined safe viewing distance is adjusted based on the determined average pupillary distance; and

automatically restoring the image displayed on the electronic display to thereby render the display clear to the user when the calculated distance between a user and the electronic display is at or above the predetermined safe viewing distance.

13. The method according to claim predetermined safe viewing distance is between 14 and 16 inches.