

On their way to Rainbow's Edge to seek the help of the Ray Keepers, Professor Plano, Zed and Zee meet a flight of sickly dragons. They are all caught up using their Bottle-Bottle screens that give off a strange, eerie glow. Lord Myopic must be up to no good again! The trio rush to find the Ray Keepers to save the dragons, but are they too late?



Myopia (short-sightedness), device dependency and lack of outdoor activity are public health concerns worldwide.

Stories from **the plano adventures** are based on years of scientific research, written specially to empower young readers to tackle these adverse effects of excessive device use.

the plano adventures

inspired by real science from www.plano.co

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CHILDREN

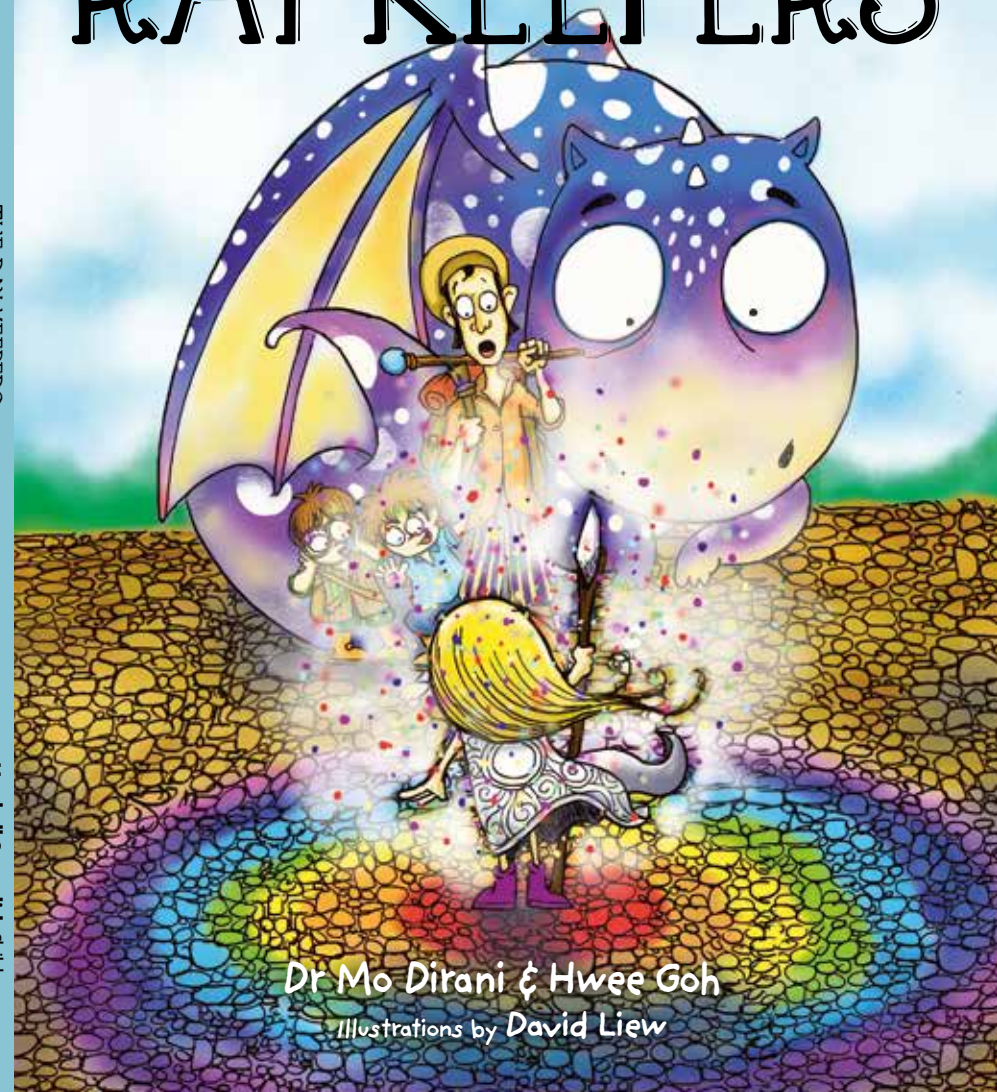
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the plano adventures

THE RAY KEEPERS



Dr Mo Dirani & Hwee Goh

Illustrations by David Liew

For Review Only



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Chapter 1

Rainbow's Edge



Hello there! I'm
Professor Plano. You
can call me Prof Plano.

I'm on my way to
Rainbow's Edge, where
the Ray Keepers are said
to live. They guard the
seven Colours of Light, and
I need to find them ASAP!

“And YOU need to take your turn carrying the backpack, ASAP! That means, AS SPEEDILY AS PIRATES! Ho ho!”

Ah, if you’ve been following my adventures, you would have met Zed. He’s the older (and slightly bossy) twin!



Zee rolls his eyes all the way out of his glasses.

“I have an important job!” he says. “I need to navigate the GPS on my Bottle-Bottle screen. G-P-S! Global Positioning on the Stars!”

“Humph!” both say.



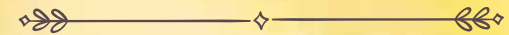
“Now, now, boys,” I say for the nth time today. (nth = so many I lost count.)

“Our job now is to get to the Ray Keepers ASAP. **AS SOON AS POSSIBLE.** If they are what the books say, they’ll be able to help me test the Colours of Light.”

You see, these Lights make up the Outdoors in my Clear Vision Recipe.



Professor Plano's Clear Vision Recipe



Scoops of Good Distance

Hold your device or book
at least 30 cm from your eyes.

Dashes of Eye Breaks

Take a break after 30 minutes
on your device or book.

Heaps of Time Outdoors

Make sure you spend at least
2 hours outside every day!

Not long ago, Lord Myopic tried to control the people of Murktown by keeping them on the Bottle-Bottle screens he invented. And their vision started to become foggy.



Zed and Zee used my Clear Vision Recipe to help me chase him out of Murktown.

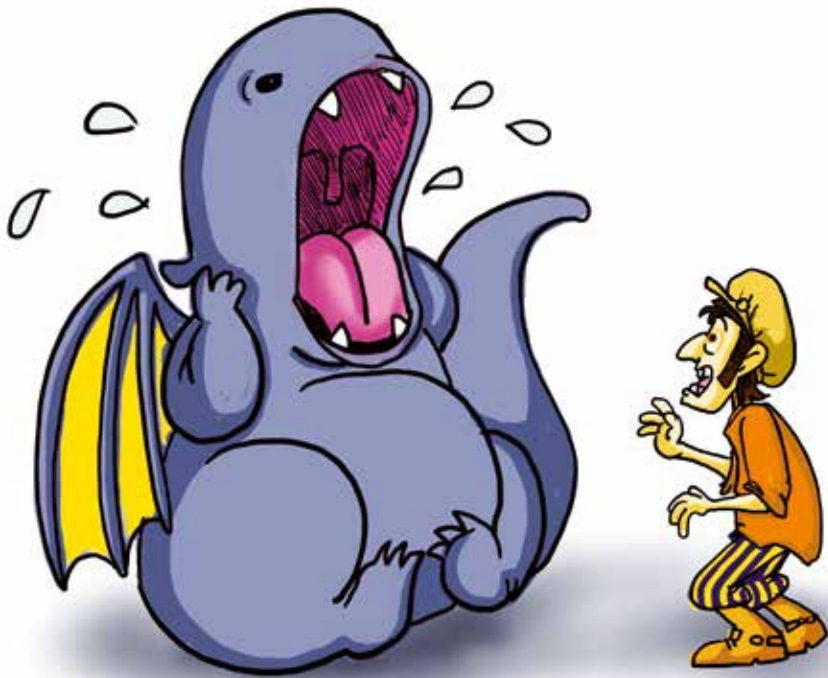
Now, if I know which Colour of Light is good for Clear Vision, I can sharpen my fight against Lord Myopic.



Finally! We've reached the bottom of Rainbow's Edge.

A strange-looking creature has walked into the twilight.

"HOWWWLLL! Help me please!"



Chapter 2



The Cave Dragons

"My name is Wocket. And I'm a . . . d-d-d-dragon," the creature says.

"But you don't look anything like the colourful dragons in my books. You're all grey!" Zed chuckles.

"BAWWWLLL!" Wocket bursts into a fresh bucket of tears.

Facts Are Fun!

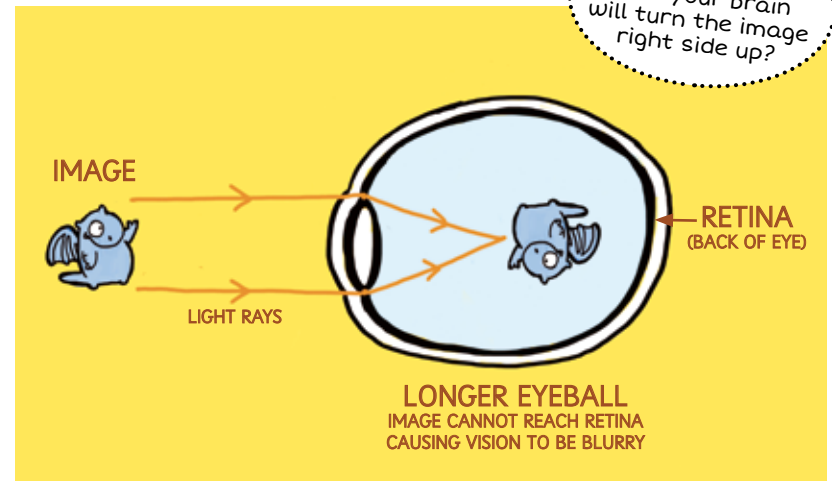


The real Professor Plano is Dr Mohamed (Mo) Dirani, a world leading expert on myopia, or short-sightedness.

At age 26, Mo earned his PhD with the world's largest twin study on myopia in Australia. In 2009, he went on to lead a national myopia study in Singapore. These confirmed that myopia is not just genetic, and it can be prevented in early childhood.

The Professor Plano Clear Vision Recipe is based strongly on this science.

Myopia develops when the eyeball grows longer, and light rays cannot reach the back of the eye (retina). This gives you blurred vision.



Studies now show that ultra-violet (UV) light from outdoors releases something called dopamine.

Dopamine has been reported to stop the eyeballs from growing longer.

Going outdoors and looking far also has this same effect, reducing eye strain (the eye muscles relax) which helps to control myopia.

Blue light emitted from devices is different from this natural light.

Too much of it can damage the retina and lead to serious vision problems

later in life. This man-made light can cause symptoms like dry eyes, blurred vision and headaches.

Using devices without a blue light filter at night could also trick your brain into thinking it is day time.

This stimulates your brain at bed time and may mess with your sleep patterns.

Today, Mo heads plano Pte Ltd, a company with a single mission to help families all over the world manage device use and myopia.

With the science and key messages clearly outlined by Mo, David Liew brainstormed and doodled characters and story ideas on his iPad.

Hwee Goh then spun this story together. She also got many young readers, and their Mums and Dads to tell her what they thought about the story. Some little ones started practising the Clear Vision Recipe right away!



Hwee is a former TV journalist whose real love is reading and writing. Mum to two boys and identical twin girls, she's also written non-fiction for kids.



David, who is highly myopic, wishes he had this book as a kid! The prolific illustrator has created many well known book characters.

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Join Professor Plano, Zed and Zee in more exciting tales in
the plano adventures

