8 Tips On How To Prevent Digital Eye Strain
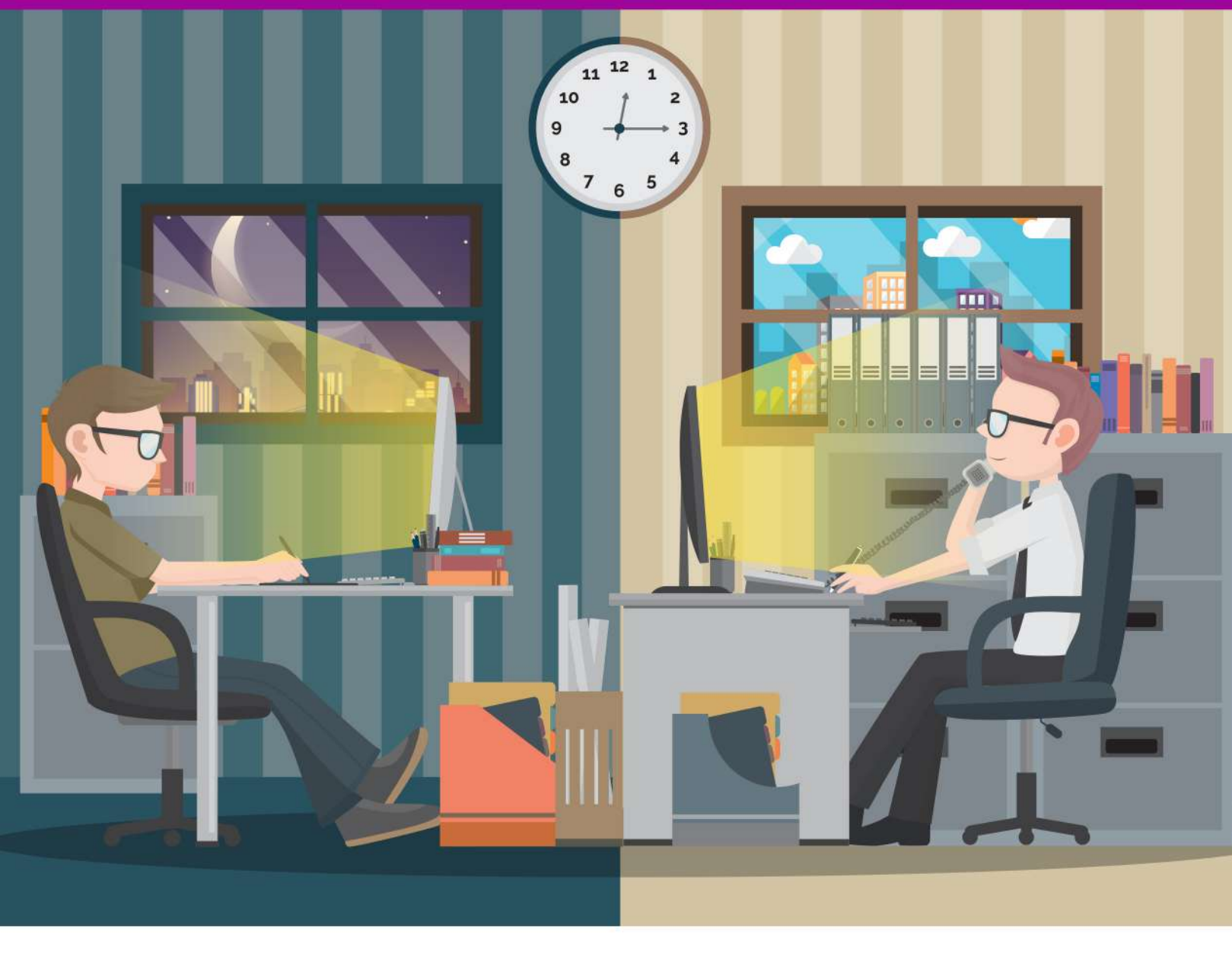
If you spend more than 2 hours daily in front of a computer, you have 90% chance to suffer from digital eye strain

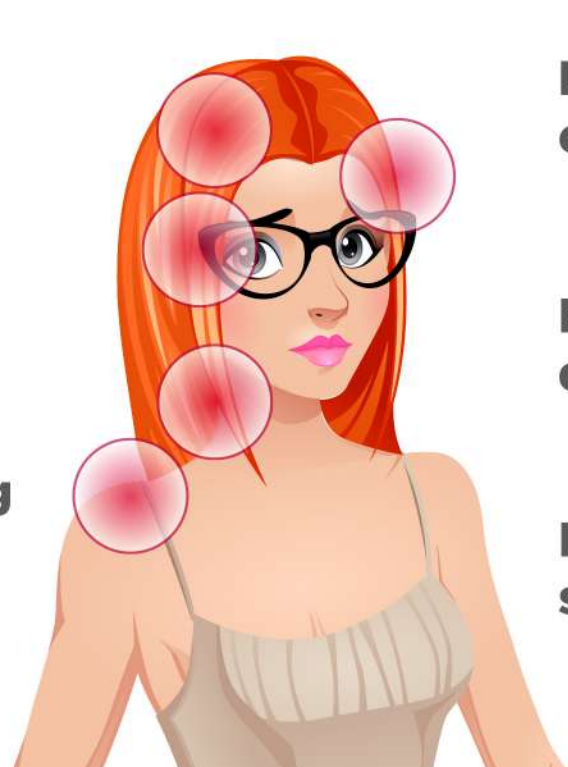## Symptoms of digital eye strain

Headaches

Dry or watery eyes

Sore or irritated eyes

Blurred or double vision

Trouble focusing

Increased sensitivity to light

Pain in the neck, shoulders, or back

What causes digital eye strain?

Text on Digital Devices - newspapers and books displayed on digital devices often have small, hard-to-read type

Time Spent Staring at Screens – 6 in 10 adults report spending 5 or more hours every day using digital devices

Workstation Distance and Setup - shorter working distances for computers dominate how digital devices are viewed in the workplace

Glare and Blue Light - glare from surroundings, including walls and the reflection of the screen, can foster digital eye strain

8 tips to protect your eyes

Take frequent breaks – additional 5 minute breaks throughout your work day will help your eyes and boost your productivity

Exercise your eyes – in just 2 minutes you can work out all of the eye muscles with eye training device like Visionary

Talk to your doctor - computer users should have an eye exam before they start working on a computer and once a year thereafter

Use proper lighting – when using a computer, your ambient lighting should be about half as bright as that typically found in most offices
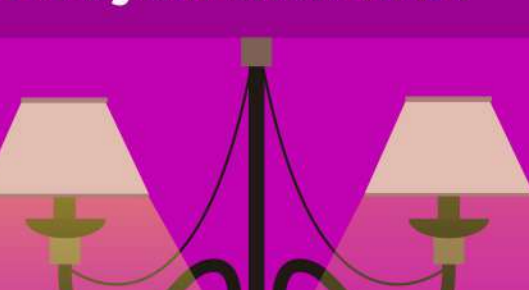
Minimize glare – cover the windows, if possible, paint bright white walls a darker color with a matte finish
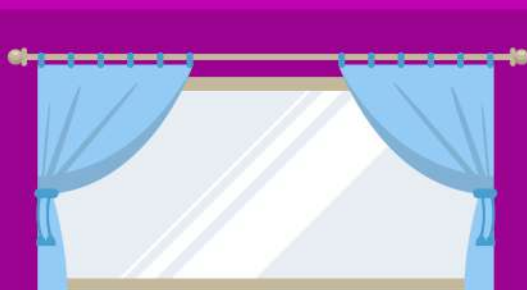
Adjust your computer display settings - the best color combination for your eyes is black text on a white background

Blink more often - blinking moistens your eyes to prevent dryness and irritation

Modify your workstation - adjust your workstation and chair to the correct height to have a proper posture

VISIONARY

www.visionarydevice.com

Sources:
http://www.allaboutvision.com/cvs/irritated.htm
http://www.eyehealthweb.com/eye-strain/
http://www.webmd.com/eye-health/eye-fatigue-causes-symptoms-treatment#1
http://www.computer-vision-syndrome.org/statistics/
https://www.thevisioncouncil.org/sites/default/files/VC_DigitalEyeStrain_Report2015.pdf