WHAT CAUSES EYESTRAIN?
When we blink, our eyelids spread tears evenly over our eyes to prevent them from getting dry and irritated. When we focus on a digital screen, we tend to blink less often, which can cause eye dryness and irritation. In the long-term, this can lead to weaker vision and other eye problems. So what can we do to prevent eyestrain?

KEEP YOUR DISTANCE
Make sure your computer screen is about 25 inches, or an arm’s length, away from your face. The center of the screen should be about 10-15 degrees below eye level. If the screen is too close to your face it can make your eyes work harder.

FOLLOW THE 20-20-20 RULE
Every 20 minutes, look at an object at least 20 feet away for 20 seconds. This helps you blink more during your rest period and return moisture to your eyes. Try to take a 15 minute break for every two hours you spend on your devices.

KEEP YOUR EYES MOIST
Use artificial tears (over-the-counter eye drops) to refresh your eyes when they feel dry. You can also try putting a humidifier in the room where you most often use a computer or other device. This will add moisture to the air and can help prevent dryness.

CHANGE YOUR DEVICE SETTINGS
If your screen is brighter than the surrounding light, your eyes have to work harder. Increase the contrast on your screen and adjust the lighting in your room. Electronic devices also give off “blue light”, which is linked to eyestrain. Some devices have settings that allow you to minimize the amount of blue light emitted. Certain glasses (prescription and non-prescription) can also help filter blue light.