Preventing Digital Eye Strain

Looking at digital screens for too long can cause eye strain.

The digital screen can be a computer monitor, tablet, e-reader or smartphone.

Signs and symptoms of eye strain

- Dry eyes
- Itchy eyes
- Tearing eyes
- Red eyes
- Eye fatigue
- Blurred vision
- Double vision
- Headache

Prevention

Workstation adjustments

Adjust screen settings:
- Increase contrast.
- Increase text size.
- Adjust brightness to match your surroundings.
- Lower color temperature.
- Increase screen refresh rate.

Strategies

Follow the 20-20-20 Rule: Every 20 minutes, look at something at least 20 feet away for at least 20 seconds.

After every 2 hours of screen use, rest your eyes at least 15 minutes.

Use a humidifier in the room where you study.

Stay hydrated.

Blink often.

Contact users switch to glasses when studying.

Seek advice from your healthcare provider

- You could have an uncorrected vision problem or need a new prescription.
- You may be prescribed eye drops, medication to boost tear production, or glasses for use with digital screens.
- Allergies may worsen eye strain.

Sources:
