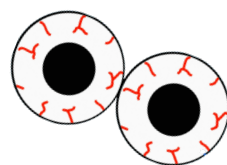
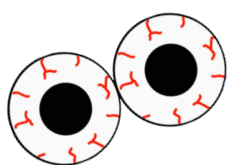




Preventing Digital Eye Strain



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



Eye fatigue



Itchy eyes



Blurred vision



Tearing eyes



Double vision



Red eyes



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:

Cedars Sinai Health Library. (n.d.) Computer Vision Syndrome. Retrieved June 3, 2022 from <https://cedars/3x4T7mA>

Williams, S. (2021) Computer Eye Strain: How to Prevent Eye Strain from Screen Time. WebMD. Retrieved June 3, 2022 from <https://wb.md/38MAUJN>