

HOW TO AVOID DIGITAL EYESTRAIN

Do you feel your eyes getting tired after staring at a computer, phone, tablet or TV screen?

Follow these tips to help protect your eyes from straining.



- When your eyes are feeling dry, use artificial tears to refresh them.
- Take a 15-minute break after every 2 hours you spend on your devices.
- If you wear contact lenses, give your eyes a break by wearing your blue-light-blocking glasses.
- Cut out glare by using a matte screen cover. You can find them for all types of computers, phones and tablets online or at an electronics store.
- Get regular eye exams. You might need to use a different pair of glasses, such as blue light-blocking glasses, when you're working on a computer.
- Use a humidifier in the room where you most often use a computer or other digital device.
- Make sure the lighting in the room you're in is brighter than the light coming from your device.
- Use the 20-20-20 rule: Every 20 minutes, look at an object at least 20 feet away for at least 20 seconds.
- Make sure your computer screen is about an arm's length away from your face. The center of the screen should be about 10-15 degrees below your eye level.