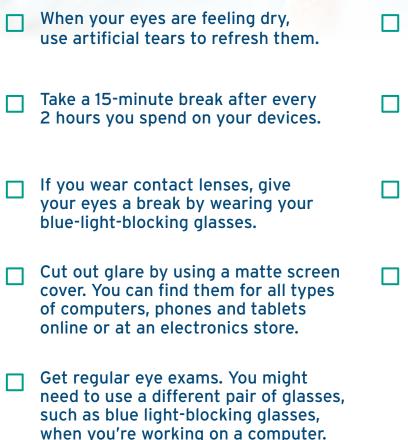
HOW TO AVOID DIGITAL EYESTRAIN

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.





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.

