



WELLNESS TIPS

# REDUCE DIGITAL EYE STRAIN



*A few symptoms of eye strain: Tired, burning, itching, blurry, or dry eyes after prolonged screentime.*

## TIPS TO HELP REDUCE DIGITAL EYE STRAIN

**Adjust your Display Settings.** Adjusting the display settings of your computer can help reduce eye strain and fatigue. Generally, these adjustments can be beneficial:

**Brightness:** Adjust brightness and contrast. If your screen glows brighter than your surroundings, your eyes have to work harder to see. Adjust your screen brightness to match the level of light around you.

**Text size and contrast:** Adjust the text size and contrast for comfort, especially when reading or editing long documents. Usually, black print on a white background is the best combination for comfort.

**Color temperature:** Blue light is short-wavelength visible light emitted by your digital display that is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing your display's color temperature lowers the amount of bluelight emitted by a color display for better long-term viewing comfort.

**Check the Position of your Computer.** When using a computer, you should be sitting about 25 inches (about arm's length) from the screen. Also, position the screen so your eyes gaze slightly downward, not straight ahead or up.

**Exercise your Eyes.** Another cause of computer eye strain is focusing fatigue. To reduce your risk of tiring your eyes by constantly focusing on your screen, look away from your computer every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds. Looking faraway relaxes the focusing muscle inside the eye to reduce fatigue.

**Remember to Blink.** Typically we blink approximately 15 times in one minute. However, studies show that we only blink 5 to 7 times a minute while using computers and other digital devices. Try to make a conscious effort to blink more often; this keeps the surface of your eyes from drying out. You might even want to put a sticky note on your computer screen reminding you to blink often!