

TIPS TO KEEP YOUR EYES COMFORTABLE WHILE SCREEN TIME SOARS.

Video conference calls are surging. Binging shows is the norm. Due to the reality of our world today, screen time is increasing drastically.

The same technology to keep you connected and productive can also cause eye tiredness, dryness, headaches, blurred vision, and neck and shoulder pain¹ which is digital eye strain.

To support you during these times, here are **6 tips to help keep your eyes comfortable**:

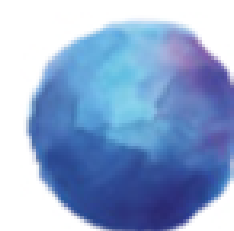
- 1 Take a 20-20-20 break**, every 20 minutes look at something 20 feet away for 20 seconds
- 2 Reduce overhead lighting** to eliminate screen glare and **adjust the brightness** of your screen or device to a level that's comfortable for you
- 3 Increase the text size** on devices so you can see the content better
- 4 Clean your screen regularly** to ensure better visibility and reduce stress on the eyes
- 5 Remind yourself to blink often**, as it helps with dry eye symptoms
- 6 Set up your workstation ergonomically** by adjusting the screen to be slightly below eyelevel and **sit an arm's distance away** from your screen

Please reach out to our office if you have any questions. We're here to help. In the meantime, keep your eyes comfortable by implementing these tips today.



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