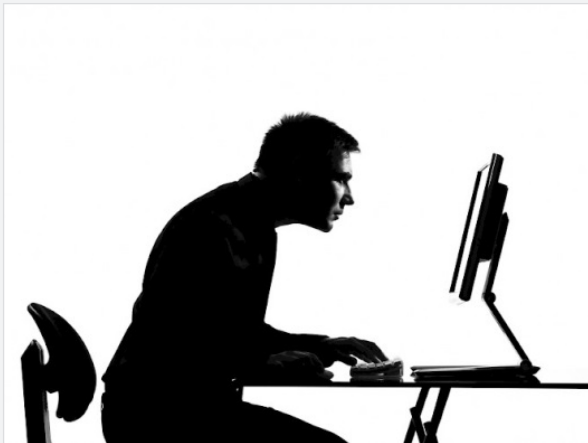


Topic: We Are Hard On Our Eyes

Most of us, regardless of age, are spending a lot of time looking at screens of various sizes. It's no wonder that our eyes are rebelling. This defiance may take the form of blurred vision, dry eyes, headaches, and fatigue.

If you spend more than two hours a day on a computer, you may have a condition called Computer Vision Syndrome (CVS).

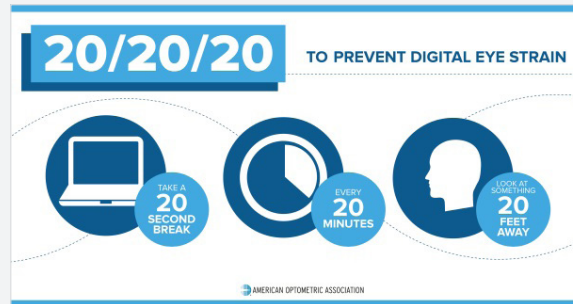
CVS affects 64% to 90% of all office workers and while it does not cause permanent eye damage, it can be an unpleasant side effect of too much screen time.



The good news is that computer-related eyestrain is just that: strain. You can ease the strain with these tips:

- **Get your light and brightness right.** Use incandescent lighting and avoid high-intensity lamps, which cast shadows and

create glare. Place a dim light on either side of your workstation to create equal brightness without dark, shadowed areas.



- **20-20-20 Rule.**

On screen for 20 minutes, off for 20 seconds focusing on something 20 feet away.

As you can imagine, staring at a screen for hours without a break can cause eyestrain. Whether you're working at a computer or reading a tablet, set a timer to go off every 20 minutes. When it does, spend 20 seconds looking at something about 20 feet away. This lets the focusing muscles in your eyes relax, easing fatigue.

- **Blink!** Your "blink rate" goes way down when you're staring at a screen, and that can cause dry eyes. On your 20-20-20 breaks and whenever you think of it, blink slowly a few times - with both eyes. You may need to alert your co-workers to what you're doing!

- **Consider computer glasses** – prescription eyewear that are specifically designed to help you focus on the computer screen, which is (and should be) further away than regular reading.
- **Keep your monitor bright** – this reduces both the flicker rate of the screen and eye strain. Make sure your monitor has a high-resolution display which produces sharper, crisper images.
- **Palming** is great to relax strained eyes, especially while reading or spending too much time in front of your desktop, laptop or television screen. The main goal of palming is to create a restful state for your eyes so they do not become tired.
 1. Sit up straight in a comfortable position.
 2. Warm your hands by rubbing them together rapidly.
 3. Close your eyes and place your warm palms over them, without applying pressure on the eyelids.
 4. Relax and enjoy the darkness for about 30 seconds.
 5. Slowly open your eyes and look around.
 6. Repeat the process 3 to 5 times at a sitting.
 7. Follow this technique frequently throughout the day.

