



8 TIPS TO AVOID DIGITAL EYE STRAIN



Average Screen Time

ADULTS 9 hours a day

CHILDREN 8 hours a day

Staring at a screen can lead to a whole slew of health and vision problems.

Digital eye strain is one of the most common problems associated with technology over-use.

WHAT INCREASES RISK OF EYE STRAIN?

Most users start experiencing eye discomfort after looking at a screen for two hours.

MORE PREVALENT IN YOUNG PEOPLE

Prolonged technology use is most prevalent in younger generations.

Individuals between the ages of 18 and 34 have reported symptoms of eye strain at a much higher rate (45% more) than other age groups.



Symptoms of Digital Eye Strain

Dry, red eyes
(we blink less often when looking at a screen)

Headache
(occur when muscles in your eyes become tired)

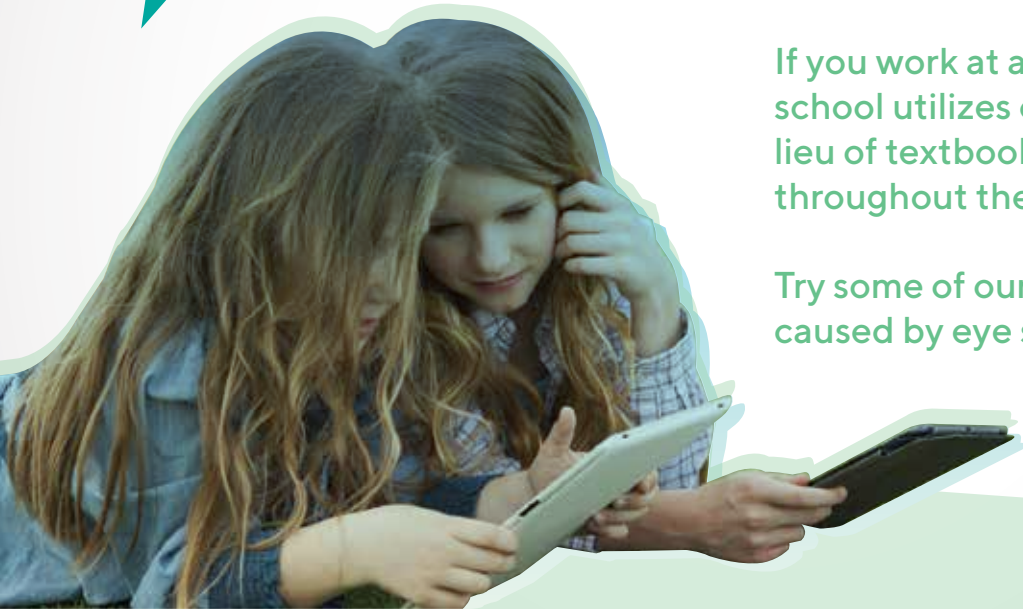
Blurry or double vision
(caused by the glare from the screen)

Neck & shoulder pain
(due to poor posture & screen position)

If you are experiencing any of the symptoms above, it may be time to step away from the screen.



Protect your peepers



If you work at a computer or your child's school utilizes computers and tablets in lieu of textbooks, avoiding screen time throughout the day can be a challenge.

Try some of our tips to prevent the pain caused by eye strain.

TIP #1

Follow the 20-20-20 rule

Every 20 minutes, look at least 20 feet away for a period of 20 seconds or longer.





TIP #2

Remember to blink

Blinking helps to keep eyes lubricated and comfortable.

(artificial tears drops may also help combat technology-induced dry eyes)

TIP #3

Dim the lights

Lowering the lights can help reduce or eliminate the glare from the device's screen.

(screen filters may also help cut down glare)





TIP #4

Keep your distance

Ideally you should be at about an arm's length from the screen when using a computer.



TIP #5

Increase font size

This can reduce strain by making it easier to see what's on your screen.

TIP #6

Pay attention to posture

Good posture helps prevent headaches, neck and shoulder pain.





TIP #7

Wear your glasses

If you wear glasses, it's important you use them during screen use.

This could be reading glasses or a prescription from your eye care specialist that's written specifically for working on a computer.



For questions regarding your eye health, contact our Ophthalmology department at 630-322-8300.

As technology becomes more integrated in everyday life, daily screen time will continue to increase. It is important to know how to protect your eyes from the strain of the screen.

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WE CARE FOR YOU

TIP #8

Get your eyes checked

An annual comprehensive eye exam is critical to monitoring eye and vision health.

