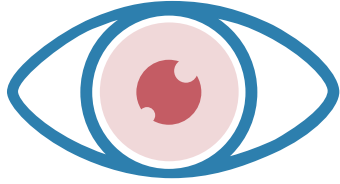


# DIGITAL EYE STRAIN



A majority of adults experience digital eye strain due to prolonged use of electronic devices.



Nearly 1/3 of adults spend more than half their waking hours using a digital device.

Most commonly used digital devices:



Television



Desktop



Laptop



Tablet



Smartphone



Video Games

## Symptoms of digital eye strain

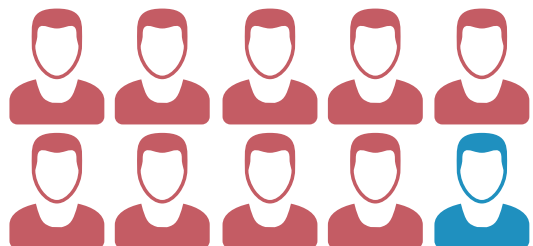
- Itchy eyes (redness or irritation)
- Tired eyes
- Blurred vision
- Dry eyes
- Back, shoulder and neck pain
- Headaches
- General fatigue

! Everyone in front of a digital screen is at risk. !

The medical term for digital eye strain is

## Computer Vision Syndrome

It is caused by over-use of digital devices and the eyes having to constantly refocus and reposition to process content like graphics and text.



More than nine to 10 adults spend more than two hours each day using a digital device.

# Common Causes

## Text on digital devices

**A** Digital devices often have small, hard-to-read type. To see it better, people tend to squint and to hold them closer to their eyes. This can cause the muscle inside the eye to contract and refocus, leading eye strain and headaches.

## Existing vision issues

**A** People with vision issues such as myopia, hyperopia, astigmatism and presbyopia have increased risks.

## Time spent staring at screens



Don't have a staring contest with your computer. People normally blink about 18 times a minute, but computer users tend to blink only 9 times resulting in dry eyes.

## Workstation distance and setup



People get back or neck pain due to poor body posture when a screen is not positioned properly.

# Solution

Dim overhead lighting to reduce glare.

Monitor positioned flat and directly in front of user. No tilt.

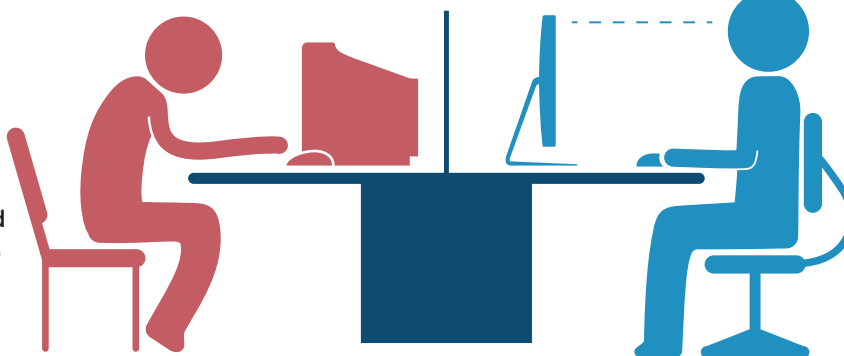
Upgrade to a high-resolution screen.

Viewing distance at arms length 50 - 100cm.

Avoid "turtling" - sitting with your back rounded, chin jutting forward and head tilted back to get closer to your screen.

Chair supports spine and helps keep body upright.

Increase text size on your computer.



Top of monitor at or just below eye level.

Keyboard positioned so upper arms hang vertically.

Bring your mouse close to your body.

Chair set so feet rest flat.



## Take a moment to blink.

Remind yourself to blink more often. Refresh your eyes periodically with lubricating eye drops if needed.



## Keep hydrated.

Drink at least 1.5l of fluid per day to prevent dryness of the eyes.



## 20/20

Every 20 minutes, look away from your computer and focus on a distant object for 20 seconds.

## E YETE ST SHERE

## Get your eyes checked.

Your eye doctor can identify vision problems and prescribe special computer glasses for greater viewing comfort.

Reference: The Vision Council "2015 digital eye strain report"

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.