



## Computer Vision Syndrome

Computer vision syndrome is a collection of symptoms caused by looking at computer screens, cell phone screens or video games for extended periods of time. Looking at computer-type screens for hours at a time is now common in the workplace, school and home. A study conducted by Current Eye Research estimated that adults and children spend 2-12 hours per day looking at a computer screen. While much of this computer use happens at work, smart phones have only increased our connectivity and digital presence. Prolonged use of computer screens results in reduced blinking and less tear production to lubricate the eyes, resulting in dry eyes.



Symptoms of computer vision syndrome include eye strain, tired eyes, headache, burning of eyes, redness, foreign body sensation, blurring of vision, along with occasional backache and neck pain. To help alleviate digital eye strain, follow the 20-20-20 rule; take a 20-second break to view something 20 feet away every 20 minutes. This will give your eyes a break from the glare and helps to refocus your attention. It works best when you have a target to focus on, which can be as easy as a clock on the wall.

The Tear Film & Ocular Surface Society (TFOS) recommends a similar exercise called "think blink". This is the practice of consciously closing your eyes for a few seconds over the course of an hour. The slightly exaggerated "think blink" doesn't have to be too strenuous, but it shouldn't be too light either. The main idea is to be conscious of the blink so your mind is actively resting as well. While working at a computer, the majority of users blink considerably less and a lack of blinking leads to dryness and burning. With each blink the tear film is renewed, leading to less discomfort.

Other actions you can take include:

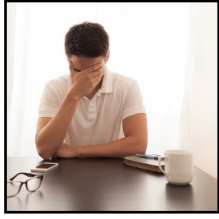
- standing up to stretch every hour
- increasing your water intake throughout the day
- change your font color, size and family
- adjust your computer display settings
- modify your workstation
- acquiring a pair of computer only glasses if appropriate

Supplements that help with dry eye include: lutein, zeaxanthin, omega-3 fatty acids, fish oil, and apricot kernel extract. It only takes a little effort and a few tweaks to make some high-quality adjustments that will make a big difference in your overall wellbeing.

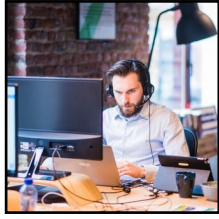
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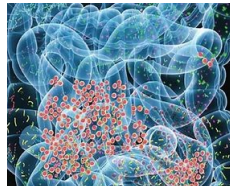


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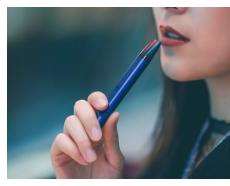
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