

Digital Eye Strain, also referred to as Computer Vision Syndrome, describes a group of eye- and vision- related problems. As digital screen use increases, so does the risk for developing symptoms.

When working at close distances, like focusing on a computer screen for long periods of time every day, it requires significant muscular effort to sustain clear vision. As the hours pass, your visual system experiences fatigue, resulting in some uncomfortable symptoms like:

- eye strain, dryness, redness, or irritation
- blurred or double vision
- headaches
- neck, shoulder or back pain
- loss of concentration



To prevent, reduce, and eliminate digital eye strain symptoms, there are many changes you can make to your work environment and screen viewing habits.

- Ensure the lighting in your work area is comfortable on the eyes and prevents glare on your computer screen.
- Minimize exposure to blue light, which can negatively affect vision over the long-term and impair your sleep cycle. Sources of blue light include digital screens, electronic devices, fluorescent and LED lighting.
- When using a computer or laptop, ensure that you position your monitor in such a way that provides the most comfortable view for your eyes. A slight downward gaze is easier on the eyes for most people.
- Position your workstation in such a way that allows for peripheral vision. Vision performs best when it is exposed to a full range of stimulation.
- Be mindful about taking breaks from screen time periodically. Plan on taking a 5-minute break every hour to prevent eye strain. Move around, allow your eyes to focus on scenes in the distance, or give your eyes a rest.
- For every 2 hours of continuous computer work, taking a break from the screen is advisable for at least 15 minutes.

Discussion

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Is your computer workstation set up for comfortable screen viewing?

What are some tips for reminding yourself to take breaks from the screen?