

What do you do 100 times a day?

You check your smartphone 100 times a day, or spend 2 or more hours every day on a digital device, says The Vision Council. The result: digital eye strain.

Digital eye strain—experienced by a majority of American adults—is characterized as temporary physical discomfort such as redness, irritation or dry eyes, blurred vision, eye fatigue, back and neck pain, and headaches.

Several environmental factors can contribute to the condition, including the size of the text on screens, time spent at devices, posture, computer setup, existing vision issues, and the blue light emitted from digital screens and lighting.

RELIEVE DIGITAL EYE STRAIN THIS WAY:

- Remember the 20/20/20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away.
- Build an optimal workspace to lessen stressors—this includes adjusting lighting, computer screen height, and your posture.
- Increase the text size on your devices to better define the content on your screen.
- Visit an eye care provider to learn more about computer eyewear and lens options that can help reduce symptoms of digital eye strain and improve vision.

