

10 HACKS

for fighting digital eye strain

Have your eyes ever felt tired, achy, heavy, dry, or blurred after staring at a phone or computer screen for too long?

You're probably experiencing digital eye strain - something that can often be relieved with a few simple fixes.

Common symptoms of digital eye strain:



Dry eyes



Headaches



Fatigue

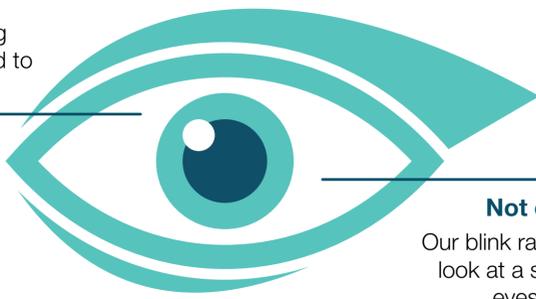


Blurred vision

Why does it happen?

Overworked muscles

All that focusing for long periods of time can lead to muscle strain.



Not enough blinking

Our blink rate halves when we look at a screen, making our eyes feel gritty and dry.

Next time you need to spend a long time staring at a digital screen, try to remember these 10 simple hacks:

1

Check angle and distance of your screen

Your screen should be 20 to 24 inches from your eyes, while the centre should be about 10 to 15 degrees below your eye line.

2

Tweak size and style of font

Use your computer's settings to find a size and style of font that feels most comfortable to you. You shouldn't have to squint or lean forward to read.

3

Play around with your screen colour settings

Adjust your monitor's colour temperature to reduce the blue. Blue light is more likely to be associated with eye strain than longer-wavelength hues like red and orange.

4

Avoid backing or facing a light source

Glare from a window, light, or reflective wall can cause eye-strain. Draw blinds, paint walls in darker matt, or use a screen filter to reduce glare.

DID YOU KNOW?

People in the UK spend an average of

411 minutes a day using screens

That's almost **7 hours**

which is longer than most people spend sleeping!

5

Take regular breaks

You should take an eye break from your computer every 20 minutes. Focus on a distant object to relax the muscles inside the eye.

6

Partake in non-screen activities at lunch

Don't spend your lunch-break working or scrolling. Get outside for a walk, read a book, or do anything else that gets you away from your screen.

7

Use blue light filters or glasses

You can buy special blue light filters that you can attach to your screen to filter out harmful blue light rays. You can also use anti blue light glasses which is better for switching between devices.

8

Careful with contacts

Wearing contact lenses can dry your eyes out. Consider switching to glasses when you use your computer or use tear-substitute drops to keep them moist.

Ocushield Anti Blue Light Glasses

Ocushield Anti Blue Light Glasses are designed to protect your eyes from blue light without altering your vision in any way.

They can also reduce the risk of disrupted sleep patterns, which blue light is thought to contribute to by suppressing the hormone melatonin. The glasses work by removing harmful blue light while letting through non-harmful coloured light.

www.posturite.co.uk/ocushield-anti-blue-light-glasses.html



9

Try to alternate between tasks

While it may not be possible for everyone, where reasonable, alternate regularly between using a computer and carrying out a non-screen task such as phoning or making paper notes.

10

Take an eye test every 2 years

Regular eye examinations are important for eye health. Try to book one every two years unless an optician or health professional suggests otherwise.