

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 fortunately be relieved with a few simple actions.

Common symptoms of digital eye strain:



Dry eyes



Headaches



Fatigue

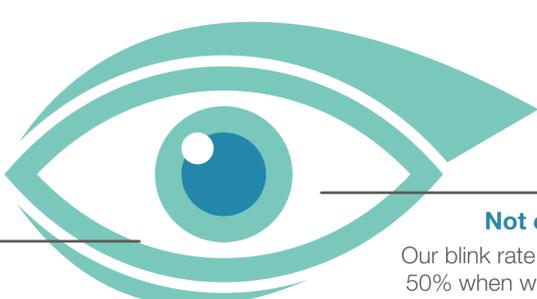


Blurred vision

Why does it happen?

Fatigued muscles

Muscles are required to focus the eye by acting on the lens. If the same focus is maintained for long periods of time then this can lead to eyestrain.



Not enough blinking

Our blink rate can drop by up to 50% when we look at a screen. As blinking helps keep our eyes hydrated, this reduction can result in a dry, gritty feeling.

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

1

Check angle, height and distance of your screen

Your screen should be 50-62 cm away from your eyes, while the centre should be about 10-15 degrees below your eye line. This usually works if the top of your screen is at eye level.

2

Adjust 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. If you have two screens, try to make sure these settings are similar.

3

Play around with your screen colour settings

Adjust your monitor's colour temperature, brightness and contrast to find the most comfortable settings for you.

4

Avoid backing onto, or facing away from 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 scanning news on your phone. Get outside for a walk, read a book, or do anything else that gets you away from your screen.

7

Be mindful of blue light at night

The blue light emanating from our screens can trick our brains into thinking it's still daylight. Try to limit screen time at night, or try using blue light filters or glasses.

8

Careful with contacts

Wearing contact lenses can dry your eyes out and as your blink rate reduces with screen use, this can increase the problem. 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 phoning out a non-screen task such as phoning or making paper notes.

10

Have your eyes tested every 2 years

Regular eye examinations are important for eye health. Try to book one every 2 years unless an optician or health professional suggests otherwise.