

FOCUSING ON MAINTAINING *your* EYE HEALTH

REDUCING



EYE STRAIN

follow these general rules...



While working on the computer, **follow the 20/20/20 rule**. Simply **take a break from looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds**.

Be sure to **schedule your annual eye exam**. This is **one of the best ways to prevent eye strain**. Your optometrist will be able to **find any changes in vision and recommend computer, reading or regular glasses** based on your overall needs.



A quick and easy way to reduce eye strain when working from a computer is to **position your monitor below eye level at a 10 to 15 degree angle**. If possible, **adjust lighting** so that there is minimal glare reflecting into your eyes and try to **position yourself 20-24 inches away from the monitor**.

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Sources: American Optometric Association, Archives of Ophthalmology, All About Vision