The 2020 Guide to Alleviate Digital Eye Strain

Use this guide to set up your workstation, and reduce the stress on your eyes. Work smarter not harder. Alleviate eye strain, fluctuating vision, red eyes, and irritation.

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7 Ways to Alleviate Digital Eye Strain

Set up your work station with your eyes in mind - Adjust your chair, desk, and monitor for the optimal distances and settings. Use the Workstation Set Up Guide on page 7 to customize your workstation for your needs. Also, keep preservative- free tears handy, and utilize a small humidifier to keep your eyes from drying out during extended screen time.

Change your screen settings - Newer monitors display crisp, sharp images without problems with flicker. While this may look stunning, your eyes weren't meant to look at bright, vivid screens for hours. Use the resource list on page 6 to turn down the brightness and use back lighting to prevent eye strain.

Adjust your lighting - Room or task lighting should come from behind or overhead, not directly at your face. Utilize a glare guard to reduce reflections, which cause eye strain. See the Gear Guide on page 4 for recommendations.

Take a break - Use the 20 X 20 X 20 Rule. Take breaks every 20 minutes for 20 seconds to look 20 feet away. Reset your focus to a distance object to relax the strain on your vision. See page 8 for a printable reminder sign.

Blink on purpose - Consciously make an effort to blink while using electronic devices. Blinking spreads tears across your eyes, which provide nutrients and moisture. See page 10 for blinking exercises and a printable reminder sign.

Ensure your glasses are optimized for computer use - Schedule an eye exam. And, be sure to measure the distance from your eyes to the monitor before your appointment. You may want a pair of glasses specifically set for computer use. For best results, your gaze should be directed straight ahead or downward when focused at the screen.

Commit to a daily habit of eye care - Your vision is priceless. Without it, there would be no screen time. Learn to care for your eyes using the recommended products on page 11. Take care of your eyes today, so your vision will last you a lifetime.
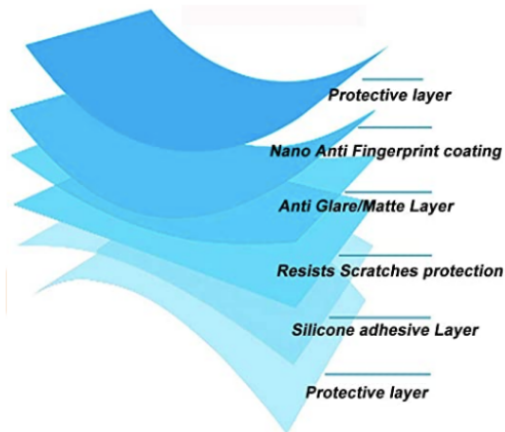
Gear Guide

Implementing a few pieces of gear at your workstation could increase your productivity and add hours to the time you are able to comfortably work at your screen.

Blue Light Blocking Glasses

Shamir Blue light blocking anti-glare coating.
Available with prescription or no prescription for contact lens patients.

Anti-Glare Screen Protector

FORITO Notebook Computer Anti-Glare Screen Guard
Available on Amazon

Desk Top Humidifier

UltraMist Personal Desktop Humidifier
Available on Amazon

Resource List - Break Reminders

Optometrists have long understood the importance of taking breaks during extended periods of time of close work: reading, knitting, drawing, computer work, etc... So, we crafted a cute term for the technique and call it the 20×20×20 rule. Every 20 minutes, you should take a 20 second break, and look 20 feet away. These breaks give your eyes a chance to re-focus on a distance object and relax your vision.

Break Reminder Apps

Time Out Free - https://www.dejal.com/timeout/
- Mac Ap: customizable breaks (Normal or Micro)
- Screen will dim in and out, and track your activity

eyeCare - Protect your Vision
- Available on the Chrome Web Store
- Based on the 20X20X20 Rule
- Helps you with eye and lower back exercises

Workrave - www.workrave.org
- Free software
- Currently available on GNU/Linux and Microsoft Windows.
- Frequently alerts you to take micro-pauses, rest breaks and restricts you an adjustable
- daily screen time limit

Eyeleo - www.eyeleo.com
- Regularly reminds you to take short breaks for your eyes
- Customize timing of breaks and length of time
- Free download
- No ad blocks and does not send information over Internet

Resource List - Monitor Settings

Blue light is present in sunlight. Its presence tells our bodies that it is daylight. It helps to set our circadian rhythms. Electronic devices also emit blue light, which is associated with more eye strain than hues like orange or red. Changing the color emitted by your monitor will lower the amount of blue light emitted. This will reduce eye strain in the long run.

It is important to avoid blue light exposure at night. Studies show that the blue light emitted from electronics can disrupt sleep patterns. If you need to use electronic devices within an hour of bedtime try to avoid blue light exposure. You can wear a pair of blue light blocking glasses. Check out the recommendation on the Gear Guide on page 4. Or, use one of the following apps to adjust the color of the screen display.

Break Reminder Apps

TiNight Light - https://apps.apple.com/us/app/night-light-lite-nightlight/id690684505
- Available for Windows 10
- Detects local sunset times and adjusts the screen accordingly

Night Shift - https://play.google.com/store/apps/details id=com.ascendik.eyeshield&hl=en_US
- Available for iOS phones and macOS
- changes the color of the screen after dark to avoid disrupting circadian rhythms

F.lux - justgetflux.com
- makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day
- Free for Windows, Mac, Linux, iPhone, iPad, Android

Pangobright - www.pangobright.com/
- Free Screen Dimmer
- Control the brightness of multiple monitors
- Windows app works on Windows 7, Vista and XP

Calise - http://calise.sourceforge.net/wordpress/
- Camera Light Sensor
- Adjusts the monitor's brightness level based on the brightness of the room

Workstation Set Up Guide

Ideal Monitor Settings

- Font size 11 pt or larger
- Set font to 100-125%
- Use a traditional font, not cursive
- Lighting should come from behind or overhead, not directly at your face
- Utilize a glare guard to reduce reflections
- Adjust screen brightness and color (see Monitor Settings Guide on page 6)

Ideal Workstation Settings

- Position monitor arms length away. (18 - 24 inches)
- Lower monitor or raise chair so eyes are looking slightly downward. (10 - 15 degrees)
- Tilt monitor upward. (Bottom of monitor toward and top away from you)
- When wearing bifocal or multifocal glasses, ensure you are looking downward into the lens. (Do not tilt chin up to look into the reading portion)

TAKE A BREAK

20   **Every 20 minutes**

20   **Take 20 seconds**

20   **Look 20 feet away**

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Blinking Exercises - Instructions

Why do we need to try to blink? Doesn't it just happen naturally?

When you blink, the glands in your eyelids release protective oils which spread across the front surface of the eye. Blinking at regular intervals maintains the health of the eye and provides clear vision.

You blink less often and are more likely not to fully close your lids when reading or using digital devices. Chronic use of digital devices can cause the oil glands in your lids to atrophy over time. Performing blinking exercises can help your glands stay healthy with out giving up your digital devices.

How to Perform Blinking Exercises

- Close your eyes, squeeze your eyes closed, then relax the squeeze while keeping your eyes closed.
- Open your eyes and repeat this sequence 5 times in a row.
- Use the exercises when you take a break from your computer to look 20 feet away. Ideally, every 20 minutes while you are working on the computer.
- Use an app (see page 5) to set a regular reminder, or associate blink exercises other daily activities (e.g. drinking water, talking on the phone, stepping away from your desk etc.)

| CLOSE | PAUSE | PAUSE | OPEN |

| CLOSE | PAUSE-PAUSE | SQUEEZE | OPEN-RELAX |

BLINKING EXERCISES

CLOSE - PAUSE - PAUSE - OPEN - RELAX

CLOSE - PAUSE - PAUSE - SQUEEZE -OPEN - RELAX
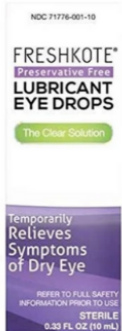
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Recommended Products

Take care of your eyes with these recommended products and eliminate the tired, achy feeling you get at the end of the day. Give your body the support it needs to function properly and provide you with healthy, comfortable eyes and clear vision.

Avenova Spray

Previously available by prescription only, Avenova is clinically proven to help relieve chronic eye conditions like Dry Eye, Blepharitis, Meibomian Gland Dysfunction, Contact Lens Intolerance and Inflammation.

Freshkote PF Eye Drops

FRESHKOTE® Preservative Free (PF) offers patients nurturing relief from dry eye symptoms while providing comfort that lasts, even with contact lenses.

Hydroeye

HydroEye is a patented nutritional formulation that works from the inside out to provide continuous support for dry eyes. HydroEye, the focus of clinical research, delivers a proprietary blend of omega fatty acids (GLA, EPA and DHA), antioxidants and other key nutrients that work together to support a healthy tear film and soothe the ocular surface.

Recommended Products

Take care of your eyes with these recommended products and eliminate the tired, achy feeling you get at the end of the day. Give your body the support it needs to function properly and provide you with healthy, comfortable eyes and clear vision.

We Love Eyes

We Love Eyes Foaming Cleanser uses healthier ingredients including Australian tea tree oil to help your eyes and eyelids feel whiter and brighter. Improve the appearance of your eyes and eyelids by mindfully cleansing and gently washing away of sources of inflammation such as bacteria, demodex, pollen, dirt, dust, makeup residue, and other debris.

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