Increased screen time can cause eye strain, irritation, and discomfort. It may also cause or increase myopia (nearsightedness).

Aside from limiting screen time, there are four main approaches to reducing digital eye strain and potential damage to your vision:

- Every 20 minutes look at least 20 feet away for at least 20 seconds to vary your viewing distance and give your eyes a break from looking at your screen.
- Arrange your workspace so that your eyes are a DISTANCE of about 23-25 inches from your screen.
- Be sure to BLINK frequently as you use your device and during your 20-20-20 breaks to help reduce dryness and irritation.
- Playing OUTDOORS is important for your eyes! Natural light, multi-distance focal points, and exercise are good for your eyes.
  Spend at least an hour outside every day if you can.

Made possible by support from ConexusVision.org

ConexusVision.org

© Conexus 2020 Permission granted to copy unaltered in full

Fighting digital eye strain and vision problems related to increased screen time

Conexus®

BLINK 20