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

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

**Every 20 minutes**
look away at least **20 feet**
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.

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.