

Protect your eyes when using screens

Screens are part of everyday life. From home televisions to desktop computers, you might be viewing several screens each day. But this can tire your eyes. If you spend a lot of time looking at screens, you might have blurry vision, dry eyes or headaches. There are simple steps that can keep your eyes healthy without reducing your screen time too much.



Photo above by Tero Vesalainen, below by Nikhil Pati, courtesy iStockphoto

Quick tips: Screens and eyes

1 Use the 20-20-20 rule. For every 20 minutes looking at a screen, look at something 20 feet away for 20 seconds. This allows your eyes to rest and reset before returning to the screen.



2 Dry eyes make your eyes feel scratchy. Try using eye drops once in a while to keep your eyes moist and healthy. A humidifier can also keep your eyes feeling fresh.

3 Viewing screens near bedtime can keep you awake at night. The blue light emitted by them excites the brain, making it hard to fall asleep. As bedtime nears, try not to look at screens.

4 In the evening, you can also use a night mode on your computer or smartphone, which cuts out a lot of the blue light from the screen.

5 Using computers and smartphones is fun, but make sure you strike a balance by taking breaks. Try having at least a five-minute break each hour by walking, stretching or doing some other task. This will rest your eyes.



>> For more information on eyes and safe screen use, visit www.aao.org