How to Prevent Digital Eye Strain

Digital eye strain is the temporary discomfort in your eyes that follows two or more hours of digital device use. Your eyes blink less often when you're staring at a digital screen. This can lead to eye muscle strain and subsequently causing dry eyes and headaches. Taking a break and performing eye exercises will alleviate some of these issues.
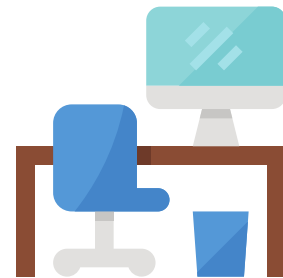
20-20-20 Rule

Take regular breaks using the "20-20-20" rule: every **20** minutes, shift your eyes to look at an object at least **20** feet away, for at least **20** seconds.

💡 Tip: using a timer can help you get in the habit!

Workstation Setup

Proper positioning of the computer screen can help your posture and relieve eye strain.

- Sit at a desk or table (with good posture)
- Place the screen at an arms-length
- The center of the screen should be at eye level
- Adjust screen brightness to avoid a glare

Incorporate Eye Exercises into Your Routine

Palming Eye Exercise

- Rub hands together to create friction and warmth
- Gently place hands over your closed eyes
- Ensure there is no light coming through
- Relax and breathe slowly
- Hold for 10 seconds or longer

Zooming Eye Exercise

- Hold pointer finger in front of you
- Focus on your finger as you slowly bring it toward your eyes
- Maintain focus on your finger as you slowly move your finger away from your eyes
- Repeat 2 to 3 times

Blinking Eye Exercise

- Close your eyes gently, without squeezing
- Pause and keep your eyes closed for a count of 2
- Gently open your eyes and relax them
- Repeat 9 times