Computer Eye Strain

People who use computers for extended periods of time often suffer from "computer eye strain" symptoms. These symptoms consist of burning and redness, and often become more pronounced towards the end of the day.

Tips to Reduce Computer Eye Strain Symptoms

Photo Credit: https://hbreyecare.com/

- Follow the 20-20-20 rule: every 20 minutes spent using a screen, you should try to look away at something that is 20 feet away from you for a total of 20 seconds.

- Computer Strain symptoms are often due to the eyes becoming dry. Contact lens wearers are particularly susceptible to this. Using artificial tear drops (also called rewetting drops) is helpful
–these are available over-the-counter. Frequent application is often necessary, so keeping a bottle at your desk is helpful.

- Research has shown that people concentrating on a computer screen often blink less. It is helpful to close your eyes periodically throughout the day, as well as to remember to blink more frequently!

- Try not to sit directly under a vent

- Be sure your computer has an anti-glare screen

- It is often helpful to direct your gaze at the computer in a slightly downward direction (less of the eye is exposed that way). This would mean either lowering the desk your computer is on or raising your chair

- Wear computer glasses if they have been prescribed to you

- If you have been diagnosed with eye conditions such as dry eye, blepharitis, or eye allergies, these conditions will need to be treated in order to reduce computer eye strain symptoms.