

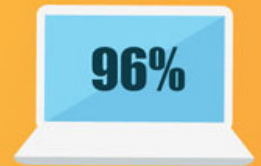
Helpful Information For You

HOW TO PROTECT YOUR EYES FROM DIGITAL STRAIN



65% of Americans suffer from Digital Eye Strain

Also called **Computer Vision Syndrome**, common symptoms include blurred vision, eyestrain, dry eye, headaches, and neck and shoulder pain



96% spend more than 2 hrs/day using digital devices



The average American spends 7 hrs / day working on a computer

TAKE A BREAK...



Take a 20 second break



to stare at something 20 feet away



every 20 minutes

The average digital device user blinks 5-8 times / minute



You should

Blink 15 times a minute

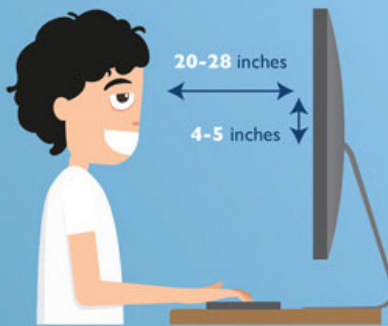
for optimal eye health

Follow the **20-20-20 Rule**

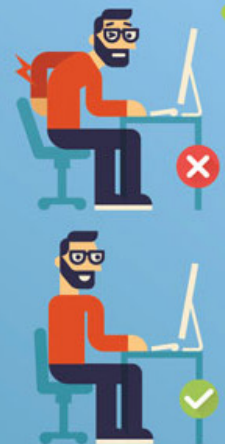
MODIFY YOUR WORKSPACE...



Overhead lighting should match the brightness of your monitor



Your eyes should be 20 – 28" from your monitor and 4 – 5" above the center of the screen



Maintain good posture

ONE DEVICE AT A TIME...



77% of people with digital eye strain use 2 or more digital devices simultaneously

TALK TO YOUR DOCTOR



90% of patients don't discuss their digital device use with their eye doctor