

# 10 HACKS

## for fighting digital eye strain



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Have your eyes ever felt tired, achy, heavy, dry, or blurred after staring at a phone or computer screen for too long? You're probably experiencing digital eye strain - something that can fortunately be relieved with a few simple actions.

Next time you need to spend a long time staring at a screen, try to remember these 10 simple hacks:

1

### Check angle, height and distance of your screen

Your screen should be 50-62 cm away from your eyes, while the centre should be about 10-15 degrees below your eye line. This usually works if the top of your screen is at eye level.

2

### Adjust size and style of font

Use your computer's settings to find a size and style of font that feels most comfortable to you. You shouldn't have to squint or lean forward to read. If you have two screens, try to make sure these settings are similar.

3

### Play around with your screen colour settings

Adjust your monitor's colour temperature, brightness and contrast to find the most comfortable settings for you.

4

### Avoid backing onto, or facing away from a light source

Glare from a window, light, or reflective wall can cause eye-strain. Draw blinds, paint walls in darker matt, or use a screen filter to reduce glare.

5

### Take regular breaks

You should take an eye break from your computer every 20 minutes. Focus on a distant object to relax the muscles inside the eye.

6

### Partake in non-screen activities at lunch

Don't spend your lunch-break working or scanning news on your phone. Get outside for a walk, read a book, or do anything else that gets you away from your screen.

7

### Be mindful of blue light at night

The blue light emanating from our screens can trick our brains into thinking it's still daylight. Try to limit screen time at night, or try using blue light filters or glasses.

8

### Careful with contacts

Wearing contact lenses can dry your eyes out and as your blink rate reduces with screen use, this can increase the problem. Consider switching to glasses when you use your computer or use tear-substitute drops to keep them moist.

9

### Try to alternate between tasks

While it may not be possible for everyone, where reasonable, alternate regularly between using a computer and carrying out a non-screen task such as phoning or making paper notes.

10

### Have your eyes tested every 2 years

Regular eye examinations are important for eye health. Try to book one every 2 years unless an optician or health professional suggests otherwise.



At Posturite we provide many solutions to help improve eye health in the office, from assessments designed to identify set-up and environment issues, to products that can help alleviate eye strain. Call **+44 (0) 345 345 0010**, or visit **posturite.co.uk** to find out more.