

# Protect Eye from Computer / Notebook Screen

## Can Screens Make Your Eyesight Worse?

Digital Eye Strain (DES), or computer vision syndrome, is more common today than ever before. Realistically, virtually everyone uses a screen in their daily life, and screen time is higher than ever before.

While not everyone spends every day looking at a computer monitor, most people do use smartphones at a minimum. Experts believe that DES occurs in around 50% of computer users.

So, do screens make your eyesight worse? Well, the good news is that eye strain isn't a long-term problem.

There's no evidence that strain makes your eyesight worse in the long run, but it can cause significant discomfort and often makes getting through a workday more difficult.

## How A Computer Screen Affects Your Eyes

How exactly does the screen affect your eyes? There are several signs to look out for, and they vary slightly depending on whether you primarily use a computer or a smartphone. Let's take a look at some of those complaints and explore how you can avoid them. The American Optometric Association recognizes the most common symptoms of eye strain as:

- Headaches
- Blurred vision
- Dry eyes
- In extreme cases, neck and shoulder pain.

## How To Protect Your Eyes From Computer Screens

- Your eyes aren't designed to stare all day at something directly in front of you, especially a digital screen. With the 20/20/20 rule, you give your eyes a much-needed break during long and extended work days.

The rule is as follows; if you look at the screen for 20 minutes, you must look at something at least 20 feet away from you for 20 seconds. However, the longer you look away from your screen, the better!

## **Ensure Your Room Is Well Lit**

- It may sound counterintuitive, but less light in your room is actually better for your eyes when you're working on a computer. Offices shouldn't be too bright, so when possible, close your curtains and reduce your use of fluorescent lighting.
- Aim to use lower voltage bulbs and make sure your ambient lighting is about half as bright as the average office.

## **Have Regular Eye Exams**

Regular eye exams with an experienced eye doctor help to keep your eye health in check and ensure any problems you might be having aren't anything other than normal eye strain. It also provides you with an excellent opportunity to talk to an expert about your habits and eye health.

## **Reduce Glare**

Glare on your computer screen can cause eye strain as it stops your eyes from adjusting as easily as they should to the content you're trying to focus on.

To combat this, use an anti-glare matte screen where possible (rather than glass-covered LCDs). If you wear glasses, make sure your lenses have an anti-reflective coating that will benefit you in front of a computer.

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Revision #1

Created Thu, Dec 14, 2023 2:09 PM by FAZILAH BT. BASARUDDIN

Updated Thu, Dec 14, 2023 2:12 PM by FAZILAH BT. BASARUDDIN