Tips for Preventing Computer Eye Strain

From the Experts at Lighthouse International

LIGHTHOUSE INTERNATIONAL

Spending extended time focused on the computer can cause computer eye strain. While this doesn't lead to permanent damage, it can cause:

- ♦ Eye fatigue
- ♦ Squinting
- ♦ Headaches
- ♦ Blurry or double vision

- ♦ Distorted color perception
- ♦ Dry, itchy, watery orburning eyes
- ♦ Sensitivity to glare

What You Can Do
Most computer eye strain can be avoided by taking periodic breaks, and making the following choices or adjustments:

Monitor: Select a flat-screen computer monitor with a diagonal measurement of 19" or more.

Screen resolution: Make sure your monitor has a high-resolution display, with a dot pitch of .28 mm or smaller. A higher resolution will produce sharper type and crisper images.

Brightness: Adjust your computer settings so that your screen is neither bright, like a lamp, nor shadowy.

Type size: If you have to lean forward to read, the type is probably too small. Some websites allow you to adjust type size automatically, usually by clicking a box at the top of the screen with the letter "A" in small, medium and large type. You can also customize the settings on your computer.

Screen distance: Your screen should be 20-40 inches away from the tip of your nose.

Screen angle and level: The monitor should be slightly angled, about 10-20 degrees, and the center of the screen should be just below eye level.

Glare: Position your monitor perpendicular to the window to minimize reflections and glare. Draw the curtains, lower or tilt the blinds, and move lamps so that they don't shine directly on the screen.

Document position: If you're typing or referring to another document, attach a document holder to your monitor to minimize extra head and neck motion, which forces you to continually refocus your eyes.

Chair height: If you wear bifocals or can't adjust the placement of your monitor, try raising or lowering your chair.

Ask your eye doctor: Consult with your eye doctor about additional factors that may impact your eye comfort while on the computer, including your eyeglass or contact prescription; wearing bifocals or progressive lenses; and conditions such as glaucoma, cataracts, macular degeneration, dry eye or an undiagnosed eye condition.

Lighthouse International is dedicated to fighting vision loss through prevention, treatment and empowerment.

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