



Tips for Reducing Digital Eye Strain While Working from Home

Whether working from home or in an office setting our jobs often require us to spend long hours working with digital devices and in front of multiple screens (computers, tablets, phones). Because of this we are at risk of causing discomfort and irritation to our eyes called Digital Eye Strain (DES) or Computer Vision Syndrome (CVS). While DES does not cause permanent damage to your eyesight, it can be uncomfortable and disruptive to your work. Find more information below about how to identify the symptoms and causes of DES and good news there are simple steps you can take to prevent DES and keep your eyes healthy!

What causes Digital Eye Strain?

- Long periods of screen use either on phones, tablets, or computers.
- Light glare on any digital screen
- Poor lighting
- Reduced blinking or lubrication of the eye
- Previously uncorrected vision problems

Symptoms of Digital Eye Strain

- Eye pain or itchy eyes
- Headaches
- Blurred vision or tired feeling eyes
- Dry or red eyes
- Sensitive to light
- Neck and shoulder pain

Easy solutions to prevent Digital Eye Strain

Follow the 20, 20, 20 rule! Every 20 minutes, for at least 20 seconds, look 20 feet away. This allows your eyes to readjust and relax. There's even a free app to help called [Eye Care 20 20!](#)

TAKE A BREAK! For every 2 hours of screen time take a 15-minute break from all digital screen use including your phone. Close your eyes for 10-20 seconds and allow your eyelids to naturally lubricate your eyes.

If you wear contacts consider taking a break and on alternative days wear glasses.

Blink more frequently! While looking at a digital screen for long periods we tend to blink less often which dries our eyes and can cause irritation. Some people may find lubricating eye drops useful.

Adjust the height and position of your screen. Raise your screen so that your eyes naturally rest at the top of your monitor. You should aim to have your monitor about an arm's length away from your body or roughly 25 inches with the screen tilted slightly upward.

Prevent light from glaring on your screen, this causes you to strain your eyes and squint. You may find a matte screen filter beneficial to prevent screen glare or adjust the position of your workstation to avoid direct light from windows or laps and use blinds or curtains.

Reduce the use of LED or fluorescent light which cast off blue light similar to your computer or phone screen. Make sure you have adequate lighting, but it may be more comfortable to use low watt bulbs.

If you feel like you are suffering from DES and these simple solutions are not working, speak to an ophthalmologist or schedule an eye exam. For information about your benefits related to eye exams and glasses speak to your local HR representative or insurance provider. If you had additional questions about DES please reach out to the [Staff Health Advisor](#).

