DavisVision™
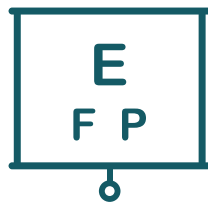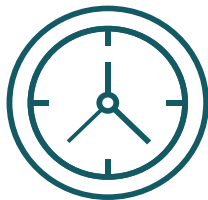
Three steps to reduce eye strain

Get an annual eye exam
Be sure to schedule your annual eye exam. This is one of the best ways to prevent eye strain. Your optometrist will be able to find any changes in vision and recommend computer, reading or regular glasses based on your overall needs.

Follow the 20/20/20 rule
While working on the computer simply take a break from looking at the screen every 20 minutes and focus on an object 20 feet away for 20 seconds.

Reposition your monitor
A quick and easy way to reduce eye strain when working from a computer is to position your monitor below eye level at a 10 to 15 degree angle. If possible, adjust lighting so that there is minimal glare reflecting into your eyes and try to position yourself 20-24 inches away from the monitor.

For more information on all things eye health, visit **library.davisvision.com**

Sources: American Optometric Association, Prevent Blindness America, British Journal of Ophthalmology

Did you know?

All of your body's veins and arteries end in your eye. That's why your eye exam is key in detecting early chronic and systemic diseases like diabetes and hypertension.