

Protect yourself from
digital eyestrain



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How often are any of us really away from our technology? The result is that a huge number experience the symptoms of digital eyestrain which includes frontal headaches, tired, irritated, burning or watery eyes or visual sensations such as text or images blurring.

Why do we get these symptoms?

We use mobile devices anywhere, often without the correct lighting. We use phones and tablets as computers and hold them very close, often looking at small text which causes eye muscles to fatigue quickly. Digital devices, and modern LED and fluorescent lighting, emit blue light that causes subtle light flickering and more obvious glare which is again tiring for the eyes. When we concentrate on a task we blink less frequently leading to the surface of our eye drying. This is not good for the long-term health of our eyes.

So what can we do?

- Make font bigger and the screen contrast comfortable.
- Match the background room light to your task so you are not working in the dark or with too much glare from your screen.
- Hold tasks further away, and keep your laptop or VDU screen at arms length.
- Take breaks remembering the "20-20-20 rule". Look away from the screen every 20 minutes for 20 seconds at something 20 feet away. Consider blue light filtering spectacle lenses that can block the tiring harmful blue light while letting the useful blue light through.
- There are now contact lenses that are created with digital eyestrain in mind which would be worth trialing.
- A good quality, non-preserved artificial teardrop can also make a significant difference to your comfort.

If you have any concerns regarding digital eyestrain, or would like the opportunity to trial new contact lenses to ease the effects, please get in touch.

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