



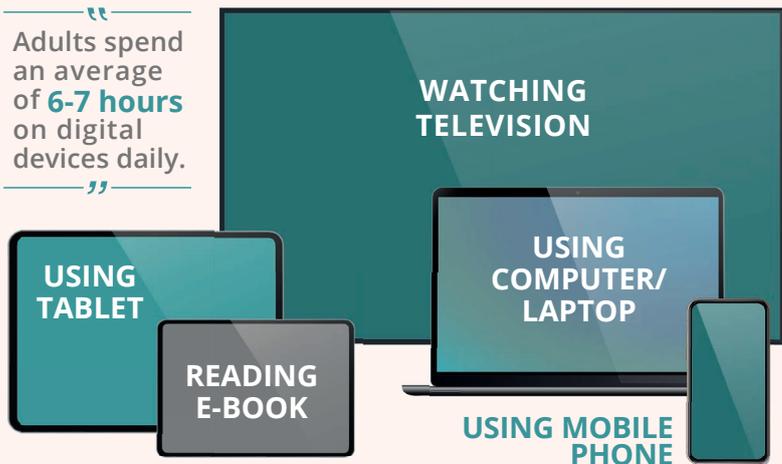
# COMPUTER VISION SYNDROME



Computer vision syndrome, also known as digital eye strain, refers to a group of eye or vision related problems resulting from **prolonged screen time**.

“More than 50% of computer users suffer from computer vision syndrome.”

“Adults spend an average of **6-7 hours** on digital devices daily.”



## PREVENTION

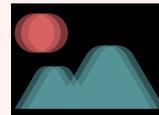
Computer vision syndrome can be easily prevented by adopting **healthy eye habits** and making **small adjustments** to your workstation.

CAUSES	SOLUTIONS
Prolonged screen time without rest	Take a 20-second break every 20 minutes and look at least 20-feet away.
Poor posture	Correct sitting posture and improve physical ergonomics of workstation.
Improper viewing distance	Adjust computer screen to be about one arm's length away, with eyes looking slightly downwards.
Poor lighting	Work in a well-lit environment. Adjust screen brightness and eliminate glare.
Uncorrected vision problems	Get regular eye checkups to correct underlying vision issues.
Dry eyes	Blink more frequently. Consider using lubricant eye drops.

## DIRECT SYMPTOMS



Dry eyes



Blurred vision



Tired eyes

## INDIRECT SYMPTOMS



Neck and shoulder pain



Headaches



Difficulty concentrating

If uncorrected, computer vision syndrome may affect your daily activities and work performance.



## DANGER OF EXCESSIVE BLUE LIGHT

Long hours of exposure to blue light may worsen eyestrain and prematurely age the eye.



**LIMIT SCREEN TIME**  
Take a 15-minute break for every 2 hours of screen time.



**BLOCK THEM OUT**  
Install blue light screen filters or wear anti-blue light glasses.

### References:

1. American Optometric Association - Computer Vision Syndrome. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?ss=oy> (Assessed 20 May 2022)
2. Datareportal. Digital 2022: Time Spent Using Connected Tech Continues to Rise. <https://datareportal.com/reports/digital-2022-time-spent-with-connected-tech> (Assessed 20 May 2022)
3. BMJ Journal - Digital Eye Strain: Prevalence, measurement and amelioration. <https://bmjophth.bmj.com/content/3/1/e000146> (Assessed 20 May 2022)
4. Understanding and Preventing Computer Vision Syndrome. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4170366/> (Assessed 20 May 2022)
5. Prevent Blindness - Blue Light and Your Eyes. <https://preventblindness.org/blue-light-and-your-eyes/> (Assessed 20 May 2022)