



Tips for easing Computer Vision Symptoms



Get an Eye Exam – according to the American Optometric Association computer users should have an eye exam once a year.



Blink Often – blinking bathes your eyes in tears and tears are good for the eyes. Put a note on your computer to remind yourself to blink more often.

Look Away – look away from the screen often Use your legs to help you with your eyes. As often as you move your legs change your focus to an object at least 6 feet away. This gives your eyes the rest they really need.



Reduce Glare and reflections – reduce bright overhead lighting by switching to a softer bulb. Position a desk lamp so it shines on the desk away from the screen and your eyes. Be sure to position your work area so that windows are off to your side rather than behind or in front of you. Reduce sunlight with window blinds. Anti Reflective Coatings on your computer glasses, such as Crizal, will help reduce glare and make viewing more comfortable.

Don't forget to clean your computer screen frequently. - dust and fingerprints can reduce clarity



Adjust the brightness of your computer screen – when looking at a web page with a white background, if it looks like a light source, the screen setting is too bright. If it looks dull and gray, the setting may be too dark. Be sure to adjust the monitor to make sure the contrast between the screen background and the on-screen characters is high. Be sure the text size and color are optimized for the most comfort.

Take frequent Breaks – full time computer users should take a 10 minute break every hour to reduce eyestrain problems. Part-time users should take frequent breaks after sitting in front of their computer for more than an hour. Remember, if you feel the need to take more breaks, it may be an indication that you are suffering from Computer Vision Syndrome and you need to see your optometrist for an exam.



Modify your workstation. Looking back and forth from a printed page and the computer screen can cause eyestrain.

1. Use a copy stand next to the monitor for your written pages.
2. Use a desk lamp to properly light the copy stand, but be sure the light doesn't shine in your eyes or on the computer screen.
3. Make sure your workstation and chair are the correct height. CVS experts recommend the center of the screen be 4 – 9 inches below your straight-ahead gaze.
4. Your arms should be parallel to the floor when you type, and your feet should be flat on the floor (or a footstool.) This will allow you to maintain good posture at your desk, with your back straight and shoulders back.

Children and Computer Vision Syndrome (CVS)

Twenty years ago, most children played outside and their distance vision was more important. Today the average American child spends one to three hours per day on the computer doing homework, chatting online with friends, and playing games. We live in a “near point” world today and parents need to be aware of the vision problems associated with computer work.



Children may perform a task on the computer for hours with few breaks. This prolonged activity can cause eye focusing and eye strain problems.

Children assume that what they see and how they see is normal, even if there is a problem. Parents need to monitor the time a child spends working at a computer.

Children are smaller than adults. Since computer workstations are often arranged for adult use viewing angles for the children may not be correct.

4 Tips for Preventing Computer Vision Syndrome in Children.



1. Before beginning school, every child should have a comprehensive eye exam. Make sure your Eye Doctor includes near-point for reading and computer use.
2. Arrange the workstation your child uses to suit him.. Your child should be looking slightly downward at a 15 degree angle. Make sure their feet are flat on the floor or a footstool, and their arms are parallel to the floor when they use the keyboard.
3. The recommended distance between the monitor and the eye for children is 18 – 28 inches. By viewing the computer screen closer than 18 inches, children risk straining their eyes.
4. Be aware of any behavior that indicates potential problems, such as eye redness, frequent rubbing of the eyes, head turns, and other unusual postures, or complaints of blurriness or eye fatigue. Avoidance of the computer may also be an indication of discomfort.

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