

Eye Strain

Body & health

What causes screen-related eye discomfort, and what actually relieves it.

Digital eye strain is real, and is not caused by blue light.

1

Apply 20-20-20

Every 20 minutes, look at something 20 feet away for 20 seconds.

2

Blink deliberately

Blink rate drops by more than half at a screen, drying the eyes.

3

Set the distance

Arm's length, top of the screen at or just below eye level.

4

Match the brightness

The screen should roughly match the room, not out-glare it.

5

Reduce glare

Screen perpendicular to windows, never directly in front or behind.

NOT THE CAUSE

Blue light has little evidence for eye strain

Screens do not damage eyesight

Persistent symptoms warrant an eye test

Educational reference. Sudden vision change, pain or flashes need same-day medical attention, not a break.