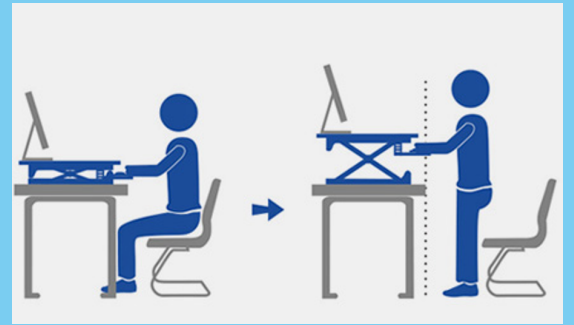


HOW INCREASED SCREEN TIME IS AFFECTING YOU

Tips for reducing screen fatigue.

ERGONOMICS

Evaluate your posture and furniture: Sit with your feet flat on the floor, knees at 90°, hips at 90°. Your desk should be at elbow level. Your monitor should be at eye level. Your wrist should be supported. A standing desk is a great option.



KEEP YOUR BODY MOVING

Sitting in one position for hours will be stressful on your body. Extended time on the computer increases neck, shoulder, and low back pain. Get up and stretch between meetings or on an hourly basis.

REST YOUR EYES

When you over use your eyes at a near position the muscles do not easily relax in order to shift acuity to far seeing. This causes blurry vision and headaches. In order to relieve this, rest your eyes by looking far occasionally.



RELIEVE EYE STRESS

Looking at a screen for prolonged periods of time causes dry eyes in addition to the eye strain. One reason for this is because you blink less while looking at a screen. To help, you need to consciously blink more often. You may also want to use lubricating eye drops.