

# Century Eye Care Centre

## Computer Care Tips

- **The 20-20-20 Rule:** Follow the 20-20-20 rule. After every 20 minutes of work, look 20 feet away from the computer screen and blink 20 times.
- **Blink:** We blink less while using the computer and we tend to stare as a result the blink rate reduces. So consciously blink while working on the computer.
- **Lubricate Your Eyes:** Use lubricating eye drops in both the eyes before every session on the computer. Consult your eye surgeon before using any eye drops. \
- **Computer Glasses:** Moderate to severe eye fatigue may need glasses as some cylindrical refractive Error may need to be corrected. If you work several hours a day, you may need numbered Computer Glasses or Anti reflection coated glasses that give the eye a rest while working on the computer
- **Avoid Contact Lenses:** Avoid using Contact Lenses while working on the computer as they tend to worsen the Dryness of the eyes.
- **Maintain Distance:** Maintain a good distance from the computer screen. Sit approximately 22 to 28 inches away from it. Sitting too close or too far may increase the strain on eyes and cause eye fatigue

- **Maintain Level:** The center of the computer screen should be 4-5 inches below your Eye level. It's best to look at the computer screen in a Downward Gaze. This position helps the lids to cover most part of the eyes and you can still view normally with less surface exposure and drying of tears.
- **Right Posture:** Check your posture from time to time to reduce Neck-Shoulder-Wrist pain. Keep your wrists straight and not supported on some sharp edges.
- **Adjustable Chairs:** Use adjustable chairs so that you can maintain good posture by adjusting it to your need. Your legs should always be rested on ground.
- **Room Lighting:** Arrange the lighting in the room such that the glare and reflection in the Screen are reduced to a minimum.
- **Anti glare screen:** attach an anti-glare screen in front of your monitor. This would reduce the light reflected from the screen. Preferably use the flat panel screens as they don't reflect light.
- **Air-conditioner:** Ensure that the air from the blower is not directed towards your eyes, as it is a major cause of dryness.
- **Eye-movements:** with the eyes closed roll your eyeballs both clockwise and anticlockwise. Two sets of ten repetitions every three hours of computer work.