

Computer use and dry eyes

Computer use is a major cause of eyestrain, dry and sore eyes and related issues. If you use a computer for long periods, you should consider these suggestions:

Adjust The Screen Brightness

Adjust the brightness of your screen so that the white background on the web or word processor page appears a natural white. If the white is too bright or appears grey, you need to adjust the settings.

Blink More

Most computer users blink less often when they're at their screens. In fact, when using a computer you need to blink *more often*; it wets your eyes and avoids dryness and irritation.

Get An Eye Exam

It is vital that your eyes are checked regularly.

Reduce Glare

Consider using an anti-glare filter on your screen or wearing glasses with an anti-glare coating on the lens. Avoid bright white walls; use a darker, matte colour.

Making a referral:

Refocus Regularly

Every thirty minutes, look away from your screen and focus on a distant object. Move your focus around to exercise your eyes.

Take A Break

Regular breaks are vital for computer users.

Think About Your Workspace

Arrange your workspace so that everything is properly lit and ensure that your screen and chair are at the correct height.

Use The Right Light

Close the blinds to reduce exterior light and use low intensity bulbs for your interior lighting. Don't work in the dark, though; that's just as bad for your eyes.

Computer users often complain of eye strain, eye fatigue, burning, irritation, redness, blurred vision, and dry eyes, among other repetitive strain symptoms. This constellation of ocular complaints resulting from video display terminal operation and sustained visual attention to a computer monitor, with an associated decreased blink rate, can be regarded as a repetitive strain disorder, computer vision syndrome (CVS). While asthenopia, glare, and accommodative difficulty are all aspects of CVS, dry eye appears to contribute to a major component of symptoms reported.

Making a referral: