

New Year New Vision

By: Ling Sun

Digital detox tips:

Spending extended periods on digital devices can lead to eye strain/discomfort (double vision, dry/irritated eyes) and headaches or concentration difficulties, often called digital eye strain or computer vision syndrome. Here are some tips to help detox your eyes from digital devices:

Follow the 20-20-20 rule: Every 20 minutes, take a 20-second break. Look at something 20 feet away to give your eyes a chance to relax and refocus.

Blink frequently: Blinking helps moisten the eyes and reduce dryness. Staring at screens can lead to decreased blink rates, so make a conscious effort to blink regularly.

Adjust screen settings: Adjust brightness, contrast, and font size to reduce eye strain. Avoid overly bright screens, especially in low-light conditions.

Use proper lighting: Position your screen to reduce glare from windows or overhead lights. Consider using a desk lamp with indirect lighting to illuminate your workspace.

Take regular breaks: Schedule short breaks during your work or screen time to give your eyes a rest. Stand up, stretch, and focus on distant objects.

Eye exercises: Practice eye exercises to help relax your eye muscles. For example, focus on an object up close, then shift your gaze to something in the distance. Repeat several times.

Use artificial tears: Use lubricating eye drops to combat dryness and irritation. Consult an eye care professional to find the right product for your needs.

Adjust your workspace: Position your computer screen at eye level and about an arm's length away. Ensure your chair and desk are ergonomically set up to promote good posture.

Consider blue light filters: Some digital devices emit blue light, contributing to eye strain and disrupting sleep patterns. Consider using blue light filters on your devices, especially in the evening.

Get regular eye exams: Visit an eye care professional for regular check-ups. They can identify and address any vision issues and provide recommendations for reducing eye strain.

Limit screen time before bed:

Minimize screen time at least an hour before bedtime to promote better sleep quality.

Stay hydrated: Drink plenty of water to keep your body and eyes hydrated. Dehydration can contribute to dry eyes and discomfort.

