



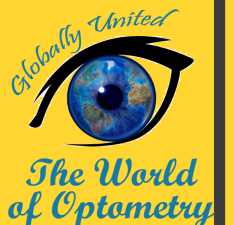
# TWOP News

TWOP News exclusively delivering informations, ideas and connects people in The World of Optometry

**“Current Global Issue in conjunction with World Television Day”**

**DIGITAL EYE**

**STRAIN**



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# Introduction & Symptoms

We live in a smart era where digital devices are essential tools of our daily lives. Due to COVID-19 pandemic lock downs, we rely more on digital devices in every aspect of our lives.

Symptoms are as follows:

- Blurry vision
- Burning eyes
- Dry eyes
- Tired eyes
- Difficulty of changing focus
- Irritated eyes
- Headache
- Photophobia



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# Digital Eyes Strain Management

**Digital Eye Strain (DES)** is a common vision-related problem nowadays and as the cases are increasing practitioners would recommend patients a lifestyle change based on a few modifications which can be carried out with the absence of a practitioner:

**1. Frequent blinking:** Blinking allows the tears to distribute equally to all the surfaces of the eye. Thus, it prevents the eye from getting dry frequently.



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### 2. The “20-20-20” rule:

Every 20 minutes of digital device usage, take a break for 20 seconds & look at the objects that are situated 20 feet away to give a slight massage to the eyes.

3. Human Factors and Ergonomic Intervention Recommended changes to relieve symptoms include:

a) Surrounding Light of Workplace - Avoid direct light falling on the screen, make sure the surrounding lights are optimal to present less strain to your eyes.



Take a break  
for 20 seconds...



...and look at something  
20 feet away...



...every 20 minutes.



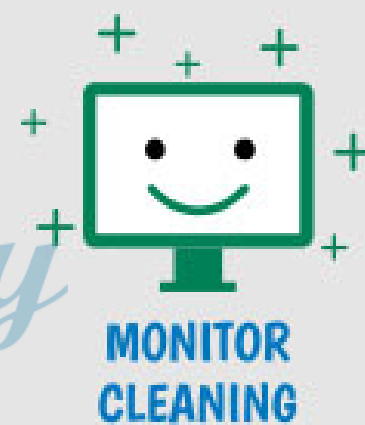
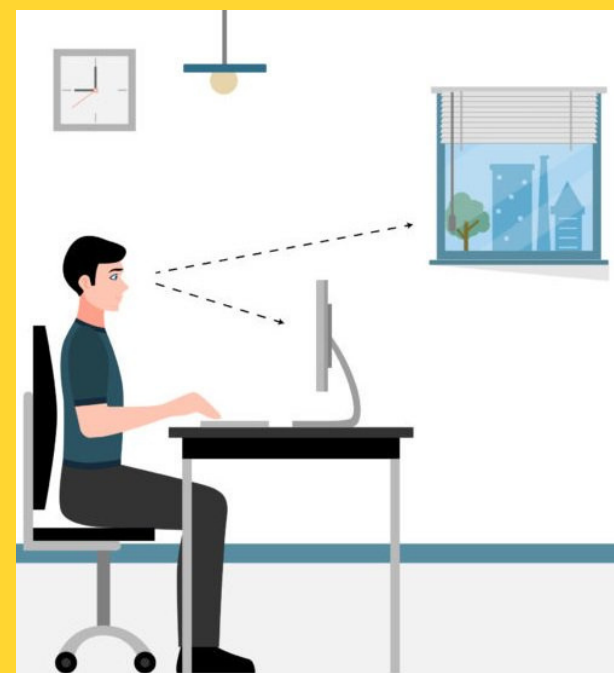


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b) The posture of the User with the Height and Angle of the Visual Screen - Sitting upright, back rested and feet on the floor are the proper posture to provide the best comfort, visually and physically.

c) Screen Brightness and Background Contrast - An auto-screen brightness mode can reduce the likelihood of visual symptoms.

d) Anti reflective coating over screens/glasses or Blue-cut/ Blue-filter lenses.



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**4. Use of lubricants** - Frequent use of tear substitutes (Artificial Tears) is advised in excessive use of digital devices.

**5. Eyes exercise to Relieve Digital Eye Strain** - An auto-screen brightness mode can reduce the likelihood of visual symptoms.

a) **Palming:** Warm both palms & then cup them over closed eyes, fingers overlapping at the forehead, for 2 minutes.



# Digital Eyes Strain

**b) Near-far focus:** Keep thumb or pencil 15cm from the nose. Focus on the tip of the pencil for some time then change the focus to an object 3 meters away. Repeat 10-20 times.

**c) Close eyes tightly** for a few seconds in between work.

**d) Massage:** Massage circularly over the eyes with gentle pressure for a few minutes with a tip of the ring finger, especially after the use of lubricants, which gives great relaxation to the eyes.



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