

For Your Eyes Only



Many of us spend the bulk of our day peering at computer screens. Reading this article means there's a good chance you're looking at one right now. Nowadays, we seem to spend most of our time looking at screens like computer screen at work, a mobile phone screen to make a call or a TV screen to relax. We just shift our eyes to one screen to another. Eight hours per day - that's how much time average people spends in front of Computer, cell phone, tablet or television screens. All this screen time is causing eye strain and other vision problems.



One of the most common causes of eye problem is staring for long periods at digital devices. Some of the problems caused by looking at screens are Headaches, Itchy eyes, dry or watering eyes, burning sensation, changes in color perception, blurred vision, difficulty in focusing etc.

Things You Can Do To Help Maintain Healthy Eyes And Good Vision

- **Eat Healthy** — As part of a healthful diet, eat five servings of fruits and vegetables each day. Choose foods rich in antioxidants like leafy, green vegetables and fish.
- **Don't Smoke** — Smoking exposes your eyes to high levels of noxious chemicals and increases the risk for developing age-related macular degeneration (AMD) and cataracts.
- **Get Regular Exercise** — Exercise improves blood circulation, increases oxygen levels to the eyes and aids in the removal of toxins.
- **Wear Sunglasses** — Protect your eyes from harmful ultraviolet (UV) rays when outdoors. Choose sunglasses with UV-A and UV-B protection, to block both forms of ultraviolet rays.
- **Get Periodic Eye Examinations** — Although vision generally remains stable during these years, some problems may develop without any obvious signs or symptoms. The best way to protect your vision is through regularly scheduled professional eye examinations.

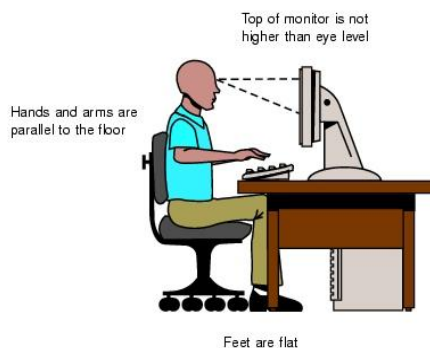


Simple Steps You To Minimize Eyestrain During Work

- **Workplace Adjustments**

Position the top of your computer monitor below eye level so you look slightly downward when viewing the screen. This will help minimize strain on the eyes and the neck. Adjust the screen brightness so it is most comfortable for you.

Avoid glare on the computer screen by adjusting window curtains or blinds, re-positioning the monitor, or using a glare reduction filter.



- **Proper Lighting** Examine the lighting in your work area. Overhead lights can be harsh and often are brighter than necessary. Consider turning some of the lights off for a more comfortable lighting situation.
- **Rest Breaks** Throughout the day, give your eyes a chance to rest. Consider standing up and walking around or doing alternate tasks that do not require extensive near focusing.

Exercises To Take Care Of Your Eyes

- **Blinking** Computer users and television watchers tend to blink less, especially when they are intently focused on something. Try it just now as a simple exercise. For the next two minutes blink every 3 – 4 seconds.
- **Palming** Place your two hands over your eyes with the cup of your palm covering your eyes, your fingers on your forehead and the heel of your hand will rest on your cheekbone. Make sure you can blink freely and you are not putting too much pressure on your eyes.
- **Near and Far Focusing** Sit or stand in a comfortable position. Take a deep breathe, put your thumb about 10 inches in front of you and focus on it. Now focus on something else about 10 – 20 feet in front of you. On each deep breathe switch between focusing on your thumb and the 10-20 feet object in front of you.
- **Zooming:** Sit in a comfortable position. Stretch out your arm with your thumb in the hitchhike position. Focus on your thumb as your arm is outstretched. Now bring your thumb closer to you, focusing all the time, until your thumb is about 3 inches in front of your face. Now move your thumb away again until your arm is fully outstretched. Do this for a few minutes at a time throughout the day.

