

Be Kind to Your Eyes

Tips for Minimizing Computer Vision Syndrome

Computer Vision Syndrome or CVS is a condition described by the Canadian Association of Optometrists as various eye and vision symptoms associated with prolonged exposure to digital screens, including computers, television, Blackberries, and cell phones. Symptoms of computer vision syndrome can include eye strain and fatigue, blurred, irritated and dry eyes, double vision and headaches. The majority of Canadians may not even realize they have this condition.

With the evolution of technology, more and more Canadians are spending time on digital screens, a significant increase from five years ago. While it's difficult to avoid the modern day conveniences these technological devices provide, it's important to minimize any strain to your eyes.

Consider these suggestions and give your eyes the break they need.

Follow the 20-20-20 Rule

The Canadian Association of Optometrists recommends for every 20 minutes of screen time, take a 20 second break to blink and focus your eyes on something 20 feet away. This will give your eyes a much-needed break and reduce some of the symptoms mentioned earlier.

Screen Smarts

Take a few seconds to adjust the brightness and contrast of your digital screen. The brightness and contrast should be set at comfortable intensity so that the letters are easily read.

Lighting can make all the difference

Room lighting should be diffused to reduce glare and reflections from your screen. Diffused lighting will help minimize screen glares that may cause squinting and eye strain.

Press "OFF"

If you experience any CVS symptoms, turn off your digital screen and visit your optometrist for a comprehensive eye exam. Ask your optometrist if your glasses are up to date and describe any symptoms you may be experiencing. Your eyes will thank you.

For more information on computer vision syndrome, or to find an optometrist in your area, please visit www.opto.ca.