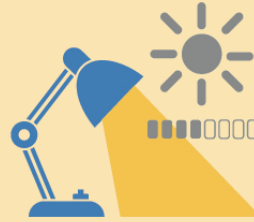# Wellness Wednesday

Maintain Your Eye Health

Tips to Ease Eye Strain

Sit at arm's length, or 25 inches, from the computer screen.

Follow the "20-20-20" rule.

Adjust your room lighting and increase the contrast on your computer.

Use artificial tears to refresh your eyes when they feel dry.

1. Make taking breaks a habit - practice the 20-20-20 rule. Look 20 feet away every 20 minutes for 20 seconds.

2. Practice eye ergonomics - sit 18-25 inches away from your computer screen (about arm's length). Adjust screen brightness so that it feels comfortable, and position the screen so your eyes gaze slightly downward.

3. Use artificial tears - eye drops can help keep your eyes moist and relieve any discomfort from dry eye.

4. Consider computer glasses - these are progressive lenses that are specifically designed for focusing on computer screens.

5. Visit your ophthalmologist for regular check-ups!