

# E-Learning and Your Eyes



Computer vision syndrome (CVS) was primarily an issue for working adults, but with increased time on computers due to E-Learning, children and teens may also be affected.

Some symptoms of CVS are:

- Eyestrain
- Headaches
- Blurred vision
- Dry eyes
- Neck and shoulder pain

What can you do to help your kids and yourself?

- **Select a proper screen** - Bigger is better! The larger the screen, the easier it is to focus on details. If possible, you may even project/cast your computer onto a television, so information can be viewed at a further distance.
- **Screen settings** - Often selecting a bigger magnification helps (110% or 125%). Adjusting the brightness down, or turning on the blue light or “nighttime filter” can help with strain. For some, white print on black background can be more comfortable.
- **Screen position** - Position the center of screen straight ahead so you don't need to tilt back or to side. If you put your fist to your chin, the device should be AT LEAST as far as your elbow.
- **Posture** - Choose a comfortable chair with back support and a foot rest if your feet don't touch the ground. Keeping good posture can help reduce neck and back strain. Checkout this website about proper computer posture. <https://share.upmc.com/2014/05/desk-posture-q-and-a/>
- Proper lighting in the room should reduce glare on the screen, and if possible, being near a window is good for exposure to natural light.
- **Take Breaks:**
  - 20/20/20 Rule** - Every twenty minutes, look 20 feet away for 20 seconds. This relaxes the focus of the eyes and reminds your eyes to blink.
  - 1/5 Rule** - Every hour take at least a 5 minute break and move around.
- Keep a clutter-free workspace to minimize distractions.
- Stay hydrated! Keep a water bottle nearby to ensure you're getting 8 glasses of water a day. Dehydration can lead to tiredness, headaches, and dry eyes.
- Consider blue light glasses or a blue light filter for your device. Blue light decreases the amount of melatonin produced by the body, which can affect your ability to fall or stay asleep. For some, blue light can also cause headaches, eye strain, and dry eye. It also important to stop device use at least 2 hours before bedtime.
- Spend time outdoors! Studies have shown that time outdoors may lead to a decrease in nearsightedness (trouble seeing far distances). Fresh air and exercise can also help break up the routine of more time indoors, due to E-learning and having less social commitments that get us out of the house. Just remember your sunglasses!
- If you or your family members struggle with eye issues, schedule your annual eye exam to discuss with your optometrist.