

Vision and Computers

Ask YOUR Optometrist

Studies indicate that 50 to 90 percent of computer users suffer from Computer Vision Syndrome. C.V.S. is a leading cause of blurriness and eye fatigue at work. Often it is affected by incorrectly chosen eyewear for the task of computer use, or the wearing of an outdated prescription.

Common signs of Computer Vision Syndrome:

Symptoms include difficulties focusing, headaches, double vision, excessive tears, dry eyes, eye pain and/or excessive blinking or squinting.

What can I do to prevent Computer Vision Syndrome?

- Ask for computer lenses made to relax the eyes and increase clarity
- Always get anti-reflective treatments on lenses used in front of a computer
- Place your monitor approximately 20" from your eyes, with the centre of the monitor just below your eyes.
- Make sure your monitor is free from fingerprints and dust for clarity.
- Minimize monitor glare, use dimmer switches and anti-glare screens.
- Eliminate sources of bright light (windows or lights) from your field of vision.



Ask your Optometrist for more tips on how to make your computer vision-friendly!