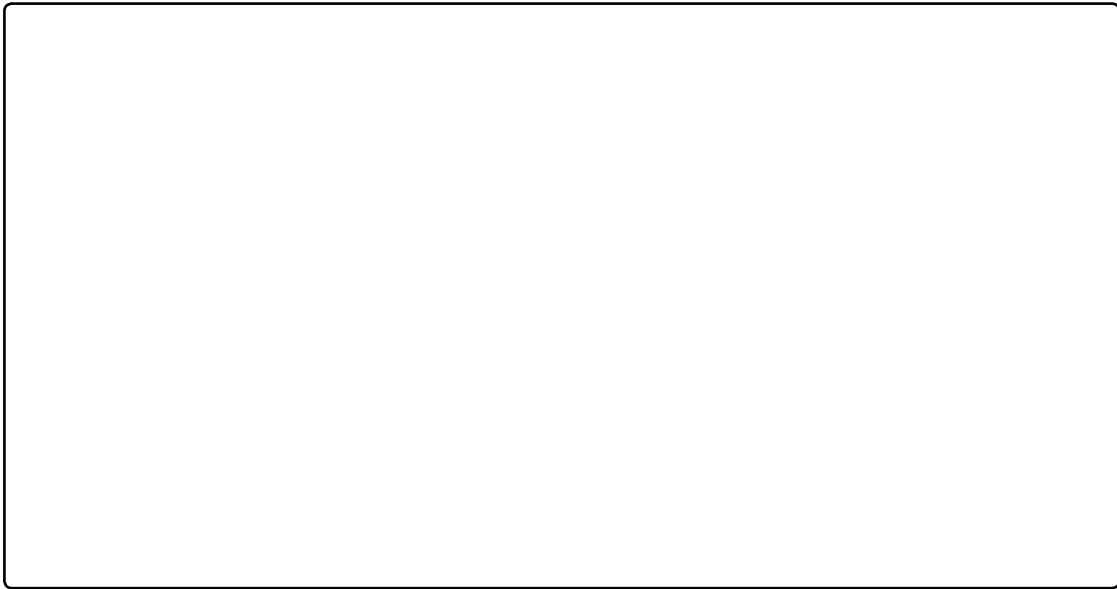


# Digital Eye Strain: Tips from Optometrists to Alleviate Discomfort in the Digital Age

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## Practical tips from optometrists

**Follow the 20-20-20 rule:** For every 20 minutes you spend looking at a screen, take a 20-second break to look at something 20 feet away. This helps reduce eye strain and fatigue.

I have been reading a lot about digital eye strain and how it affects our eyes. It's a real problem in our digital age. I want to share some practical tips from optometrists to help alleviate discomfort. One of the most important tips is to follow the 20-20-20 rule. For every 20 minutes you spend looking at a screen, take a 20-second break to look at something 20 feet away. This helps reduce eye strain and fatigue. Another tip is to adjust your screen settings. Make sure your screen is at eye level and that the brightness is comfortable. You should also take regular breaks and use artificial tears if your eyes feel dry. I have found that these tips really help to reduce my eye strain and keep my eyes healthy. I hope these tips help you too.

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