

## Introduction

e eg a fdg a de ce ee face f da e  
a c a ged e a e k, c cae, a de e a ye e  
1. F a ye a d abe c e a de- eade , ee  
de ce a e bec ee d e abe. e a ffa edc e  
a d a ca e e y a ead a age fdg a ec y ga e  
ab da , ee ee , ec e e a ac c a ea y a  
bec ea c f cea gc ce 2. ece ae e eedf  
a e ga f e ca fe ded c ee e a  
ea .

e Ca a e c S ce de c be dg a e  
a a 'ag f e a d - ea ed y be a e f y  
gedc e , abe, e- eade a dce e 3. Dg a e  
a , a efe ed a c e d e, de c e fa  
a ge f c a d c f a d a d ba ce e e ced d g  
a e e e fdg a de ce . e a gef e fa g e,  
d e , a d eadac e b ed y a d eck a . y  
dg a ce e e d da ged e d f c ee e,  
e e f k, ed ca , ec ea .

Add a e a a e e a ada ed  
a edf c y c e- ak, y c a ead g a ga c ee  
f e ded d a 5. ged c ee e ec b e  
e fa g e, b ed , a d d e , c ec e de g e  
aj y fdg a e a . F y e e, e y a de a d  
ed b dg a c ee c y a e ge eacc da ea d e ge ce  
e a d ead a d c f . y

e a e e d ce e a d age , e e e  
b g e ga e ca y e d c f a d c b e ga e- d ced  
y . A a ba a ce g g, c de g b c ee  
b y g e a d e e a a , e y a e

## Improper lighting conditions

e e f g gc d ca be e aed ad c e  
dg a e a . ade a e a be g g e e ga e  
f c ee y ca e a d c f 6. ce g g

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a ea e e e ea a d e f c , e e b b ed c g e a  
ed b b a y ed ea k.

**Proper screen positioning:** a c ee g eg a  
ed c g a a a d g c f a b e e g. Sc ee  
d be e da e e e e, a a g a d a ce f a b a '  
e g f e e e. Add a b, e c ee a g e d be adj ed  
e g a e a d e ec y, e g d e b  
ed ce e b ca de a d e e b a c b e e a y  
e g c c y f , a d e e y e c k a d de a .

**Adjustments to lighting conditions:** Ade a e a b e g g,  
a d g g a e, a d b g e ec c ee c b e  
g ea b a c f . Adj g c ee b g e a c e  
a b e y g g e e e ed ce a e . a a g ce  
a e efe a b e, a d e e f a k g g f ead g k g  
ec c a k f e e a ce e a e e e ce.

**Artificial tears:** e e f a c a ea de e ef f  
d e a d d c f a c a ed d g a e e a ., ged  
c ee e e ead ed ced b k g, e y g ade a e  
b ca f e e e. A c a ea e e e ea , b  
kee g e c a y face a d ed c g b f d e y  
a d a . eg a e f e e a e-f ee a c a ea y  
ec e ded, e e c a e e e d b  
ged a -c d ed e g .

**Specialized computer glasses:** C e g a e ec a ed  
c a g de g ed ed ce g a e a d e b e g g e  
add a ec aga d g a e e a . B e g -b ck g  
a e082 g 5( e e )0 b 0.5( d 5- eda .-0.021' ) -e a ., ged

g de e, e e e e e ea e, a d e e ac  
f ged d g a de ce e a ea . B a g ge , a  
c e e e a ac ca be f e ed, ga y g e c a e ge  
ed b d g a e a a d afeg a d g e a e - be g f  
d d a e d g a a d ca e.

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