Site For Sore Eyes: A Must-Read for Digital Eye Strain Sufferers

Digital eye strain, also known as computer vision syndrome, is a common problem that affects people who spend a lot of time using digital devices, such as computers, smartphones, and tablets. Symptoms of digital eye strain can include:

- Eye fatigue

- Headaches

- Blurred vision

- Dry eyes

- Neck pain

- Shoulder pain

The symptoms of digital eye strain are caused by a combination of factors, including:

A Site for Sore Eyes

★★★★★ 5 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 133 pages
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- **Eye focusing problems.** When you look at a digital screen, your eyes have to work harder to focus than when you look at a printed page. This is because the text on a digital screen is often smaller and less well-defined than the text on a printed page.

- **Reduced blinking.** When you're using a digital device, you tend to blink less often than when you're reading a printed page. This can lead to dry eyes, which can further aggravate digital eye strain.

- **Glare.** Glare from digital screens can also contribute to digital eye strain. Glare can make it difficult to see the screen clearly, and it can also cause your eyes to feel tired and strained.

There are a number of things you can do to prevent and treat digital eye strain, including:

- **Take breaks.** Every 20 minutes, look away from your digital device and focus on something else for at least 20 seconds. This will give your eyes a chance to rest and refocus.

- **Use artificial tears.** Artificial tears can help to keep your eyes moist and comfortable.

- **Adjust your screen settings.** Make sure that your screen is at a comfortable brightness level and that the text is clear and easy to read.

- **Use a blue light filter.** Blue light from digital screens can contribute to digital eye strain. A blue light filter can help to reduce your exposure to blue light and improve your sleep.

- **Get regular eye exams.** Regular eye exams can help to ensure that your eyes are healthy and that you're not suffering from any underlying eye problems that could be contributing to digital eye strain.

If you're experiencing symptoms of digital eye strain, it's important to see a doctor to rule out any other underlying medical conditions. Once you've ruled out other medical conditions, you can start to implement the tips above to prevent and treat your digital eye strain.

For more information on digital eye strain, please visit the following websites:

- American Optometric Association

- National Eye Institute

- All About Vision

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