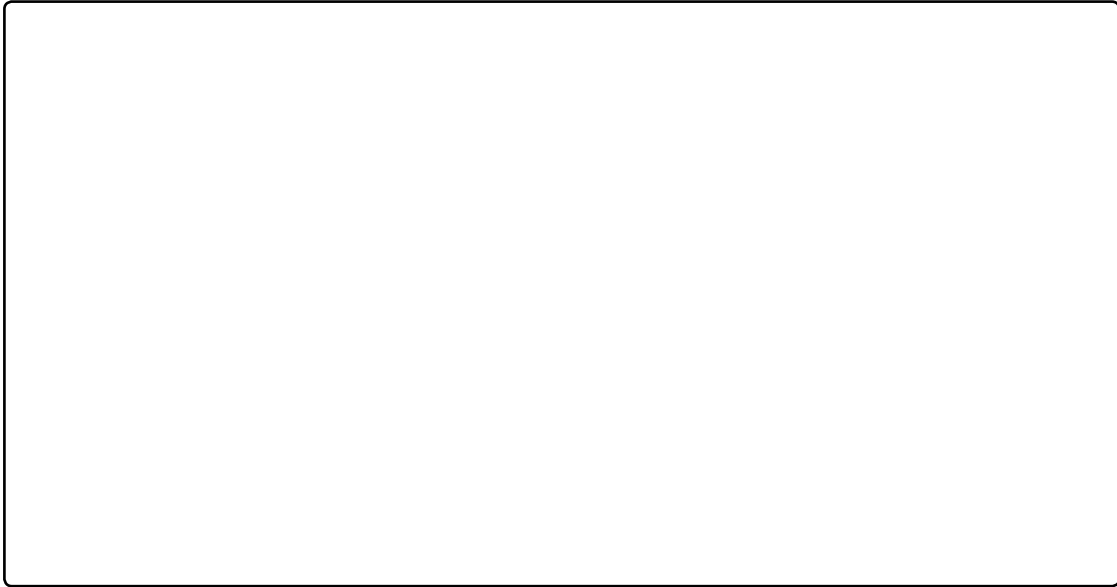


# Digital Eye Strain: Tips from Optometrists to Alleviate Discomfort in the Digital Age

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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 the right distance and height. Also, adjust the brightness and contrast to match the ambient light. Using artificial tears can also help keep your eyes moist. Finally, taking regular breaks and staying hydrated are also important. I hope these tips help you reduce your digital eye strain.

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