



Alleviating Eye Strain: Simple ways to relieve tension.

Computer Vision Syndrome (CVS) is the collective term for eye and vision problems related to near work which are experienced during or related to computer use.



Staring at a computer screen for hours at a time can leave your eyes feeling tired, dry or out of focus, your vision blurry and your head pounding. According to a survey in the Journal of the American Optometric Association, 70 to 75% of people who use a computer at work experience these problems. The solution isn't to close your laptop forever—just follow a few simple tips:

- **Look away.**
-By taking frequent eye breaks throughout the day—at least every 20 minutes—you can keep your eyes feeling fresh. Focus on something other than your screen or, better yet, get up and walk away from your desk.
- **Remember to blink often.**
-People working at a computer tend to blink less, so make a conscious effort to blink regularly.
- **Kill the glare.**
-Close blinds, reduce light or get a glare filter for your computer screen.
- **Adjust your monitor.**
-Position your screen 18 to 24 inches from your eyes, with the top of the screen just below eye level.
- **Consider eyewear.**
-Talk to your optometrist about specialized computer glasses.

Source: American Optometric Association

Note: The information contained within this e-mail is meant to supplement any advice received from your physician. If you have a concern regarding the information in this mailing as it pertains to you, please discuss your concerns with your physician or primary health care provider.



Exercises for Preventing & Alleviating Eye Strain

Exercise 1

Palming: Palming exercises will teach you to relax your eyes.

First, rub your hands together until they feel warm (about 10 to 15 seconds). Then place your cupped hands over your closed eyes, being careful not to touch your eyes with the palms of your hands. The fingers of each hand should overlap and rest gently on the center of your forehead. If your arms get tired, rest your elbows on a table.

Sit quietly for one to two minutes with your hands over your eyes. The more relaxed you become, the blacker the darkness you will see with your eyes closed.

Another variation of the above exercise:

Place your elbows on your desk, palms facing up. Let your weight fall forward and your head fall into your hands. Position your head so that your eyebrows rest on the base of your palms, with your fingers extended toward your forehead. Close your eyes and take a deep breath through your nose; hold it for four seconds then exhale. Continue this deep breathing for 15 to 30 seconds. Perform this simple exercise several times a day.

Exercise 2

Near-far focus: this exercise improves eye flexibility:

Hold your thumb six inches from your nose. Focus on your thumb. Take one deep breath and exhale slowly. Then focus on an object about 10 feet away. Take another deep breath and slowly exhale. Repeat back and forth 15 times

Exercise 3

Scanning: this exercise also improves eye flexibility

Sitting or standing at one end of a room, let your eyes scan around the edges of objects in the room - clocks, televisions, doors, lights, computers, etc. The object of this exercise is to keep your eyes moving in a loose and fluid way. Do this exercise for one minute. Remember to breathe.