



## COMPUTER VISION

### Contributed Article

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How many hours a day are you sitting in front of a computer screen? Writing? Emailing? On Facebook? Playing video games?

Odds are it's more time than you realize. And odds are it's taking a toll on your eyes.

This time of year as you're inside spending hours in front of a monitor, keep in mind these five simple tips to protect your eyesight:

1. **Keep it 20/20** – Look away from the computer for 20 seconds every 20 minutes. This helps to prevent problems with focusing and reduces irritation caused by dry eyes.
2. **Adjust your SIT-uation** – Make sure the height and arrangement of your computer are helpful, not harmful. Keep the center of the screen 4-5 inches below eye level and 20-28 inches from the eyes.
3. **Check for glare** – Turn your desk or computer so that windows or lights aren't directly visible when sitting in front of the monitor.
4. **Reduce lights** – Room light levels should complement that of the computer screen. Use a dimmer switch if needed and turn three-way bulbs to the lowest setting.
5. **Blink** – Blink every five seconds to keep your eye moist. Computer users tend to stare at screens and forget to blink. If you wear contact lenses, you may need to use lubricant drops or even switch back to glasses for prolonged computer use.

Last, don't forget to have your eyes examined every two years. Before you go in for your exam, be sure to measure the distance from your eye to your computer screen—your eye doctor might need this information. Your computer use will likely increase with time so be sure you're taking these simple steps to beat the odds and protect your eyesight for years to come.

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