

7 easy steps for minimizing Computer Vision Syndrome

In addition to getting *computer-friendly lenses*, there are a number of easy changes you can make to minimize CVS:

1. **Blink** – Minimize dry eye and moisturize your eyes in naturally therapeutic tears.
2. **Artificial Tears** – These tears help to restore the tear film that becomes diminished from tear evaporation when staring at a computer screen. Your Vision Care Specialists doctor can recommend the right tear for your eye.
3. **20-20-20** – Every 20 minutes, spend 20 seconds looking at something 20 feet away.
4. **Lighting** – Position the computer screen to avoid glare, particularly from overhead lighting or windows. Dim room lights and use a lamp directed away from the screen to illuminate printed material on the desk.
5. **Computer Screen Location** – Most people find it more comfortable to view a computer when the eyes are looking downward. Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches from the eyes.
6. **Seat Position** – Chairs should be comfortably padded and conform to the body. Chair height should be adjusted so your feet rest flat on the floor. If your chair has arms, they should be adjusted to provide arm support while you are typing. Your wrists should not rest on the keyboard when typing.
7. **See Your Optometrist** – Utilize these steps and wear computer vision lenses if prescribed by your Vision Care Specialists optometrist.

Call today at 303-991-9600 or [request an appointment online](#)