



Computer Vision Syndrome



Overview

This is an eye problem that results from spending a lot of time using a computer or digital device. It's a form of eye strain that affects people of any age.

Causes

Why does it happen? Well, digital screens are harder on your eyes than print. Digital text is often not as sharp as printed text. A screen may have dim lighting, or too much glare. We often view screens at the wrong distance or angle. And, we tend to blink less than we should when we look at a digital screen.

Symptoms

What are the symptoms of computer vision syndrome? Your eyes may feel tired. They can be too dry or teary. They may be red and itchy. You may have blurry or double vision. And you may have headaches, and pain in your neck and shoulders.

Treatment

Often, we treat this form of eye strain with some simple changes. Make sure your computer workspace is comfortable and screen glare is minimized. Change your screen settings to make small text bigger. If you have dry eyes, drink more fluids, and use a humidifier to keep the air moist. You can also use lubricating eye drops. And remember to blink often. Take breaks, too. Every 20 minutes, look away from the screen. Focus on something across the room. Every few hours, take a 15 minute break from looking at the screen. If these don't help, you may have a vision problem that needs to be corrected. Talk to your doctor about it.