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# How To Take Proper Care Of Eyes While Working On Screen?

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Itching in the eyes, watery eyes, or pain at the back of eyeballs are indications that your eyes are under stress due to prolonged use of a laptop or screen. If you are exposed to your laptop or other screens for hours continuously, here is a guide to help you take proper care of your eyes.



Computer vision syndrome is a broad term that is associated with all eye problems that arise due to prolonged use of a laptop or any screen. Along with other mentioned above inconveniences, prolonged use of a laptop or screen can also result in neck and shoulder pain, and blurry and dry eyes.

It is important to note what prolonged use of screens can

do to the human body, especially the eyes.

- **Posture:** If your screen is not at your eye level then there is a high possibility that you would be looking up or down at the screen. Sitting in this unhealthy posture for a long time can cause the hunching of your neck and shoulders.
- **Restricts Eye Activities:** Eyes are made up for focusing and refocusing on things, however, when the screen is at a constant distance, eyes don't focus and refocus and are denied their normal function.
- **Blinking Less In Front Of The Screen:** When you are in front of a screen, you tend to blink less. Blinking of the eyes keeps them hydrated and nourished, but if you don't blink your eyes often, they could dry out soon.
- **Persistent Glare:** Many of us work in dark areas with high screen brightness levels which over time causes painful eye strain.

To avoid all these eye conditions, you would have to take care of your eyes and keep them hydrated and nourished. Refer to this guide to help you maintain healthy eyes.

Things To Keep Eyes Healthy	Requirements
Eat Well and Consider Supplement	<ul style="list-style-type: none"> <li>• Omega 3 Fatty Acids</li> <li>• Zinc Supplements</li> <li>• Vitamin C Supplements</li> </ul>
Keep Your Specs Clean	<ul style="list-style-type: none"> <li>• Specs Cleaning Wipes</li> </ul>
Reduce Glare	<ul style="list-style-type: none"> <li>• Anti Glare Screens</li> </ul>
Keep Screen at Eye Level	<ul style="list-style-type: none"> <li>• Laptop Stands</li> </ul>
Keep Eyes in Good Condition	<ul style="list-style-type: none"> <li>• Eye Drops</li> </ul>

## Step 1: Eat Well and Consider Supplements

It is important to have healthy food to have healthy eyes. You may also consider having nutrient supplements in the form of Omega 3 fatty acids, Zinc and Vitamin C. These nutrients help fight off age-related eye problems, such as muscular degeneration and cataracts.

You can also consider increasing the amount of green leafy vegetables such as spinach to improve your eye health. You may also go for Omega 3 fatty acids supplement tablets.

[Get Zinc Supplements Here:](#)  
[Get Vitamin C Supplements Here:](#)

[Read More on How To Gain Muscle Strength At Home:](#)

## Step 2: Keep Your Specs Clean

All those who wear specs know how often the specs tend to get dirty, smudgy, or have fingerprints all on them. What we generally do is clean our specs with running water and then wipe them with the nearest available soft cloth. This entire exercise leads to scratches on the lens. It is important to clean your specs, lens with a dedicated cleaning spray and cloth.

## Step 3: Reduce Screen Glare

Glare is the reflection of the screen that makes it hard for you to see the screen in the sunlight. If you feel uncomfortable then you can choose to buy an anti-glare screen for your laptop or computer screen.

[Buy more anti-glare screens here:](#)

## Step 4: Keep Screen At Eye Level

If the screen is not at eye level then it may cause posture problems. Often while working on the computer or even going through a mobile phone or tablet can cause posture problems. It is important to keep the laptop at eye level to maintain the correct posture.

[Get laptop tables here:](#)

## Step 5: Keep Eyes in Good Condition

It is important to use eye drops because they keep eyes hydrated and well-nourished. If you wear specs regularly you'd often incur a situation where you feel pain and discomfort in the eyes after spending too much time exposed to the laptop. Eye drops can relieve you from that condition as well.

[Here is how you can keep your laptop in the finest conditions:](#)  
**What else can you do?**

- **Follow a 20/20/20 rule:** This rule says that for every 20 minutes of screen time, the user must look at something 20 feet away for 20 seconds. This would allow your eyes to refocus.
- **Visit an eye specialist regularly:** It is important to have regular eye check-ups to keep it in the best possible condition. Get regular eye exams.
- Try limiting screen usage
- Avoid smoking

[Learn more on how to keep skin hydrated:](#)

## Other FAQs

1. **Can you get 6/6 vision back?**  
Once you have lost the perfect vision then it is impossible to get 6/6 vision. However, you can improve your eyesight by following a healthy eyes routine.
2. **What fruits and vegetables are good for the eyes?**  
Kiwis, Spinach, Broccoli, Green leafy vegetables, Green Bell Peppers, Oranges, Grapes, and Guava are best suited for healthy eyes.
3. **How can I make my eyes stronger?**  
Following eye exercises and eating healthy food are the basics. You can try out eye-specific exercises as mentioned on the internet.

*DISCLAIMER: The Times of India's journalists were not involved in the production of this article.*

## SUMMER ESSENTIALS

- Air Conditioners Under Rs 40,000: ACs That Offer Great Cooling
- Fancy Ceiling Fans With Five Blades That Will Accentuate The Look Of
- Air Coolers For Large Rooms To Help You Cope Dry Summers
- Window AC Buying Guide: 6 Things That You Should Not Miss Out