**Tips for Reducing Eye Strain**

With hours on technological devices these days, I thought it would be helpful to pass along some tips for reducing eye strain in children and adults alike:

* Make sure your computer screen is an arm's length away from your face, and the screen should be below eye level.
* Every 20 mins, look up at an object at least 20 feet away for at least 20 seconds.
* Take 15 min breaks (from all devices) every 2 hours or so.  During the break, put all screens away; don't go from class to your phone, to TV, or to a video game.
* Make sure the room is brighter than the screen.
* If you wear contacts, switch to your glasses more regularly.
* Make text larger.
* Raise contrast on your screen.
* Use blue light screen filters or glasses.

Sources:

<https://yoursightmatters.com/9-tips-to-protect-children-from-digital-eye-strain/>

<https://www.webmd.com/eye-health/prevent-digital-eyestrain>