



BLINK 20

Fighting digital eye strain and vision problems related to increased screen time



For more detailed information scan the QR code or go to conexusvision.org/blink20

Increased screen time can cause eye strain, irritation, and discomfort. It may also cause or increase myopia (nearsightedness).

Aside from limiting screen time, there are four main approaches to reducing digital eye strain and potential damage to your vision:

Every **20 minutes** look at least **20 feet away** for at least **20 seconds** to vary your viewing distance and give your eyes a break from looking at your screen.

Arrange your workspace so that your eyes are a **DISTANCE** of about **23-25 inches** from your screen.

Be sure to **BLINK** frequently as you use your device and during your 20-20-20 breaks to help reduce dryness and irritation.

Playing **OUTDOORS** is important for your eyes! Natural light, multi-distance focal points, and exercise are good for your eyes. Spend at least an hour outside every day if you can.