

# Treatment for Computer Vision Syndrome



Computer vision syndrome (CVS) is a group of eye problems. These problems can include eyes that itch and tear and are dry and red. Your eyes may feel tired. You may not be able to focus well. With CVS, these problems are the result of a lot of computer use. Or they can be caused by using for long periods of time devices with digital screens, such as smartphones, e-readers, and tablets.

CVS is very common. Both children and adults can have symptoms of CVS.

## Types of treatment

Treatment is done by making changes in your use of computer or digital screens. These changes may include:

- Resting your eyes at least 15 minutes after each 2 hours of computer use
- Following the 20-20-20 rule, which means looking away from the screen 20 feet into the distance for at least 20 seconds every 20 minutes to reduce eye strain
- Enlarging the text on your computer screen
- Reducing glare from nearby light sources
- Using a screen glare filter
- Replacing the light bulbs in desk lamps with bulbs of lower wattage
- Using a flat-screen monitor
- Placing your screen so that the center is 4 to 5 inches below your eye level
- Placing your screen so that it's 20 to 28 inches from your eye
- Remembering to blink often to help keep your eyes moist
- Limiting the amount of time you look at digital screens

Your healthcare provider may also advise vision therapy or visual training. This treatment can improve eye movement and focus. It can also help the eyes and brain work better together.

Your healthcare provider will also treat any health problems that can cause dry eye and CVS, such as allergies or thyroid disease. You may need to take steps to reduce dry eye. This may include:

- Wearing lenses to correct your vision
- If you wear contact lenses, giving your eyes a break by wearing your glasses
- Using lubricating eye drops to reduce symptoms such as tiredness, dryness, and problems focusing during long-term computer use
- Improving the humidity by using a humidifier
- Drinking plenty of water
- Taking a prescription medicine to increase tear production
- Doing blinking exercises
- Wearing special glasses prescribed by your eye care provider to help reduce dry eye symptoms

## Preventing computer vision syndrome

Take steps to make changes in how you use your computer. See your eye care provider once a year for a checkup. See your healthcare provider to help manage health conditions that can lead to CVS.

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