Eye Care Tips for Computer Freaks

5. Put a limit to your computer usage. Better yet, take a break after every hour of using the computer. You can do so by looking away from the computer to something that is within a short distance view and later slowly shift to somewhere further. Watch more greenery because that could be an eye refresher.

6. Wash your face and blink drips of water on the face into your eyes. This practice helps to cleanse your eyes.

7. Take some time to do eye exercise by moving your eyes left right up and down few times for every few seconds.

8. Make the effort to stay healthy. Eat food that is rich with Vitamin A and C, vegetables, especially broccoli and carrots; fruits such as apricots and grapes. You should have a balanced nutrition for your well-being that is complete with vitamins, carbohydrates, minerals, proteins, fats, and sufficient water intake.

9. Eating beta-carotenes-rich foods is always good for maintaining eye health.

10. Avoid using contact lenses when working with a PC if possible because contact lenses themselves can cause dry eyes. You can wear contact lenses but it is best to switch when you want to work on your PC or laptop.
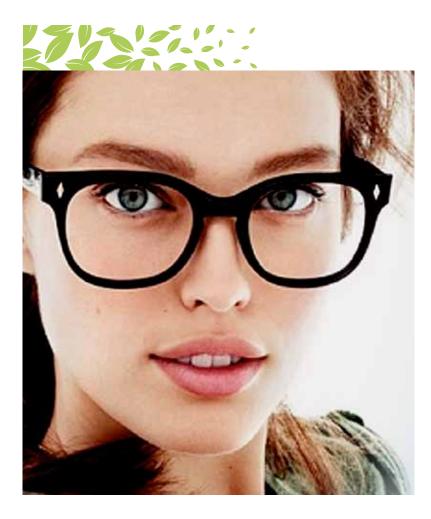
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10 Eye Care Tips for
Computer Freaks

Protect your eyes. Learn simple tips that can help you take care of your eyes and vision if you use computers regularly.

Not many people realize the fact that being infront of the computer for a long time can affect your eyes. But computers in everyday life are a necessity.

Vision problems caused by computer usage may be due to the following factors:

- Sitting on the same position in front of the computer and focusing on the screen for a long time.

- Incorrect or inappropriate computer screen's position can contribute to vision problems.

- Bad lighting of the surrounding environment of the room and lighting reflection and glare.

Here are 10 tips that you can practice to help you with proper eye care:

1. Adjust your seat and the computer that you are working with ergonomically. Take note that the most common viewing distance is between 70-80 cm. Make sure that your body, eyes and computer screen is in a comfortable set-up. This is essential in order to avoid awkward head or eye movements.

2. Make sure your workstation is spacious enough so that it could ease your movements. This is to give you more angles to move with the aim of distracting you from becoming too focused to the computer screen and to ease up your body adjustment to get a comfortable position.

3. Get rid of glare from your workstation. Adjust the brightness and contrast on your monitor screen suitable to your surrounding environment lighting.

   Glare is the common cause of eyestrain and fatigue. If you are sitting near the window that is easily penetrated by direct sunlight, you could try minimizing the source of direct sunlight by putting on a blind or curtain and at the same time lowering the screen's contrast and brightness percentage a little. If the overhead lights are too bright, you can dim it a little.

4. Do not however work with the computer in the dark. You have to make sure there are still lights around and it is preferable that you use a low-wattage bulb and lower down the brightness and contrast percentage of your screen. Another option is to use a monitor glare hood with anti-reflection attributes.