

**Iris Technologies**



# **TOP 3 CATEGORIES OF COMPUTER ADDICTS**

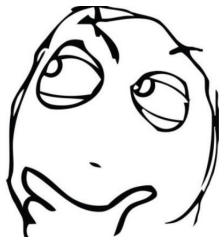


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# Introduction

Today we would like to share with you a few shocking statistics that would make you think twice before you indulge in the usual long-hour stares at your monitor.



We guarantee that everyone reading this falls into one of the below categories.



Stick till the end to find out what you could do to help your eyes instantly.

# The Office worker

Statistics show us that office workers tend to spend about 1,700 hours per year in front of a computer screen. Now that's a lot!



An average office worker is in front of a screen for about 7 hours per day and you know most of us do not take their eye breaks seriously.

And here is where it all goes terribly wrong: one in four have had to move their screen closer to them to bring their work to focus, the study shows. Do not think you do not fit into this category because you are working from home, this is just a lie and you know it!



# The Social media maniac

We tend to stick this label to the “Millennials” but we all are guilty of this time-water.

There are a lot of studies devoted to revealing how poisonous social media addiction could be but we never hear about how the repetitive scrolling is damaging our eyes.





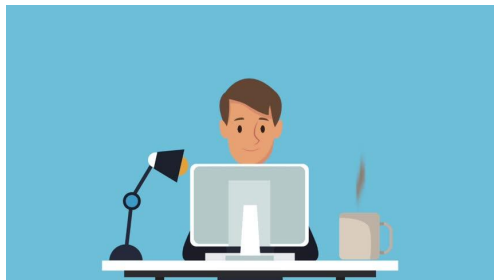
Now we all secretly believe in miracles but leaving social media is a bit of a stretch even for the hardcore believers.

The good news is that you don't have to give up your digital social life (maybe just turn it down a notch?) because we have the solution for you!

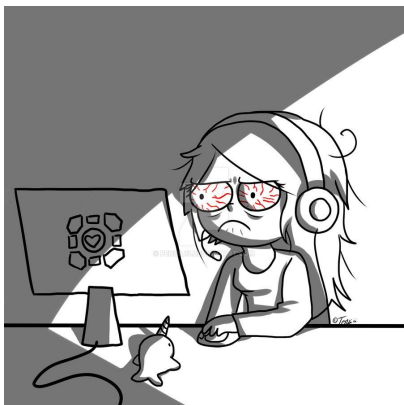


# The Gamer/Developer Guru

This is the most damaged group of brilliant people you could think of. Here you do not need a study to know this bunch spends a tremendous amount of time without even taking their eyes off the screen.



These people need to stay focused for as much time as possible and they enter this state of mind, (or should I say state of mindlessness) where nothing and no-one can disconnect them back into reality.



# Protection

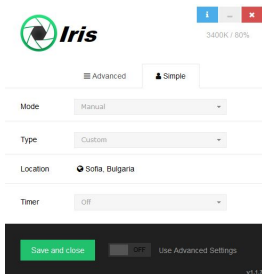
I think you got the picture so instead of going on and on with the categories and depress you further, we would like to point your attention to our solutions.

Below you can find a brief description on each of our products and how exactly it could help you.



# Iris

Iris is a software for eye protection and overall health of your eyes.



What it could do for you is decrease the amount of blue light emitted from your screen, control the PWM flicker, the brightness, etc.

Iris offers a few different modes depending on your needs.

You can learn more about it from our [User Guide](#).



**Protect your Eyes. Be Healthy. Achieve more**



Iris is a software, that reduces the amount of blue light like this:



Protect your eyes today - you don't have to sacrifice your time on the computer 😊 - [try Iris](#).



## Iris Mini

Iris Mini is a bit simpler version for the bunch who are not that tech-savvy and do not like a lot of confusing options and buttons.



## Iris Micro

Iris Micro is the Super Speed hero for you. As you could guess this is a smaller-in-size Iris which makes it fast and easy.

It is also available for any Operating system.



## Iris Addon

Iris ADDON operates as an add-on to your website - it makes your browsing experience healthier for the eyes and much more.

# Conclusion

We have so much more for you so head up to our [Website](#) to find out the perfect match for you and get an awesome discount.

Win win, right?

You can also check out some of our articles:

- [How to pick out the best monitor for your digital needs](#)
- [Blue light Effects](#)
- [Vision therapy - eye exercises for keeping your eyes strong and healthy](#)
- [Blue light - learn the fact and fiction behind this modern threat](#)