

IRIS TECHNOLOGIES

THE DOOR TO HEALTHY EYES

OPENS FOR YOU NOW



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COMPUTER VISION SYMPTOMS AND HOW TO REDUCE THEM: See next...

CVS : SYMPTOM #1



EYE PAIN, EYE STRAIN:

Tweak your settings. You don't have to live with the factory-installed presets if you're uncomfortable. Adjust the brightness, contrast, and font size until you find what's best for you.

CVS : SYMPTOM #3



HEADACHES:

Visit your eye doctor regularly for exams and to keep your prescriptions up to date. Let him know about any problems you have. You may need glasses or contact lenses. He'll decide if you can wear your regular glasses for computer work or if you need a special pair to reduce the headaches.

CVS : SYMPTOM #5



DRY EYES:

Reduced blink rate dries out our eyes, which contributes to Computer Vision Syndrome. Using eye drops or artificial tears will keep your eyes moist and can help mitigate uncomfortable effects, including dry or itchy eyes.



CVS : SYMPTOM #6



NECK AND SHOULDER PAIN:

Improved physical ergonomics of the computer workstation has been proven to reduce discomfort and improve performance.

A comfortable chair with support for your neck and back will help you avoid neck and shoulder strain commonly associated with computer vision syndrome.

CVS : CAUSE #1



LIGHTING IN THE ROOM:

Bright lights, windows and overhead fluorescent lights often contribute to discomfort glare. Imbalanced of light between the computer screen and the surrounding also results in eye pain and pressure.



CVS : CAUSE #2



DISTANCE FROM THE SCREEN:

Our eyes were never meant to stare at objects up close for prolonged amounts of time. The ciliary muscle in our eye spasms back and forth to adjust to this close proximity viewing. Thus resulting in blurred vision, headaches, eye fatigue and strain.

CVS : CAUSE #3



GLARE ON THE SCREEN:

Glare is unnecessary feedback that enters the eye. This, in turn, stresses the ciliary muscle in the eye and cause issues like dry, strained eyes and headaches.



CVS : CAUSE #4

SEATING POSTURE:

We often hunch over our digital devices or position them in awkward places, which can lead to neck, shoulder, and back pain.



CVS : CAUSE #5



LESS BLINKING:

The bright light from our screens discourages blinking and we often forget to bling as much as needed.

Blinking prevents our eyes from drying out, so less blinking equates to more dry and itchy eyes.

CVS : CAUSE #6



SCREEN BLUE LIGHT AND FLICKER:

These are the main reasons behind the CVS.

Blue light is the high energy light that digital devices and LED lights emit. Its short wavelength enables that high energy to stress the ciliary muscle in the eye.

The flicker (or screen vibration) causes eye strain as a result of making our pupil shrink and expand 100 times per second.



CVS : THE SIMPLEST SOLUTION



Struggling with the computer vision syndrome everyday?

Try IRIS instead. It's the simplest and most efficient way to reduce all the CVS symptoms.

Haven't you heard about it yet?
Check it out at iristech.co now!

iristech.co

Where is blue light?



Blue light is EVERYWHERE.

**Artificial blue light sources include electronic devices
and certain types of lighting.**

**The eye is not very good
at blocking blue light.**



**Virtually all visible blue light passes
through the cornea and lens and
reaches the retina.**

A soft-focus photograph of a young child with dark hair, wearing a blue and white striped shirt, sitting at a desk. A brown teddy bear is visible in the foreground on the left. The child is looking towards the right side of the frame, likely at a computer screen.

WHY is Blue light bad for kids?



The retina of younger eyes take in far more blue light due to a clearer crystalline lens.



Too Much Blue Light Leads to Sleepless Nights



**Blue light—both in the form of
sunlight and light from
electronic screens—heavily
influences our circadian rhythm,
or sleep-wake cycle.**

When blue light is taken in by our eyes,



it sends a SIGNAL to our brain to suppress the production of melatonin, the hormone responsible for regulating our sleep.

What is a blue light filter for PC and how does it work?



**This technology ALLOWS you to easily
adjust the amount of blue light that is
being emitted using a scale from 0 to 100**

**Our exposure to blue light
seems to increase
everyday.**



- **Many so called ‘white lights’ contain quite a bit of blue light in their spectrum.**

FOOD FOR HEALTHY EYES



Some studies have found that fish oil can reverse dry eye,



including dry eye caused by spending too much time on a computer.



**Nuts are rich
in omega-3
fatty acids.
Nuts contain
a high level of
vitamin E,
which can
protect the
eye from age-
related
damage.**



**Like nuts and legumes, seeds
are high in omega-3s and
are a rich source of vitamin E.**



Citrus fruits are rich in vitamin C. Just like vitamin E, vitamin C is an antioxidant that is recommended by the AOA to fight age-related eye damage.



**Leafy
green
vegetables
are rich in
both lutein
and
zeaxanthin
and are
also a good
source of
eye-
friendly
vitamin C.**

Carrots are rich in both Vitamin A and beta carotene. Beta carotene gives carrots their orange color. Vitamin A plays an essential role in vision.



Like carrots, sweet potatoes are rich in beta carotene. They are also a good source of the antioxidant vitamin E.





Beef is rich in zinc, which has been linked to better long-term eye health.

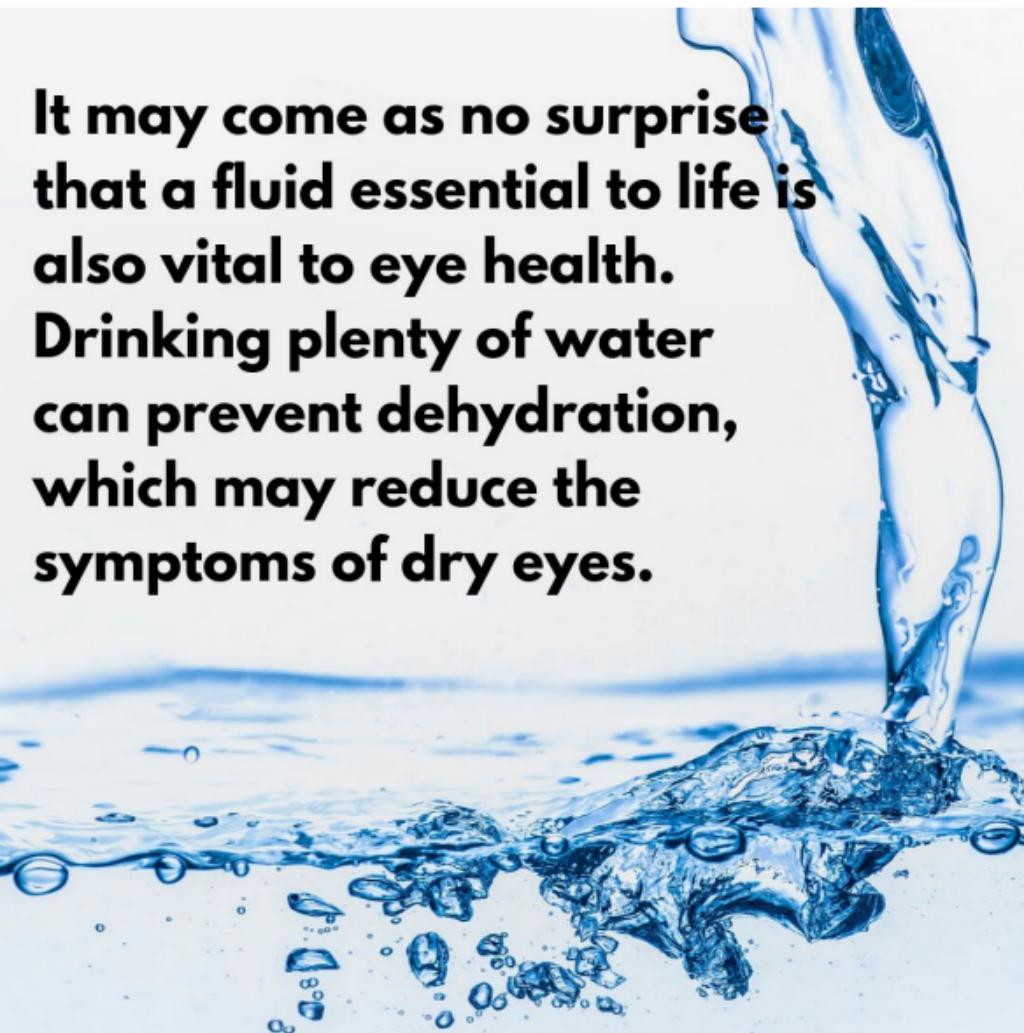
Zinc can help delay age-related sight loss and macular degeneration.

Eggs are an excellent source of lutein and zeaxanthin, which can reduce the risk of age-related sight loss.

Eggs are also good sources of vitamins C and E, and zinc.



**It may come as no surprise
that a fluid essential to life is
also vital to eye health.
Drinking plenty of water
can prevent dehydration,
which may reduce the
symptoms of dry eyes.**



Read more useful articles:

- [How to Sleep Well](#)
- [How to have a little Digital Detox](#)
- [Eye Diseases you need to look out for while working on your PC](#)

Read More about Blue Light:

- [How blue light destroyed our sleep](#)
- [How monitors destroyed our eyes](#)





- ✓ Protect Your Eyes
- ✓ Sleep Better
- ✓ Achieve More



[TRY IRIS](#)