

title: **Do any of you get headaches after coding for a while?**

num_comments: 19

num_up_votes: 33

upvote_ratio: 0.96

Post Text

I get headaches, which prevent me from coding for more than 2 hours. It's not my eyesight because as soon as i stop coding, the headache disappears? I don't have these headaches if i'm not coding. I could browse the internet all day without a headache but as soon as it's work related, my brain feels pressure? I find it difficult to start work and then when i do finally manage to start work, before i get into the flow, i feel pressure in my brain. I assume it is a tension headache. It is affecting my productivity at work. Any of you dealt with this? Any tips? Coding for 2 hours a day isn't productive. I haven't been in "flow" in years.

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 18

I'd probably suggest taking small breaks when possible. Also just browsing the internet like reddit, youtube etc doesnt require you to write as much, so you might have a different posture/distance from the monitor?

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 13

Tension headache sounds right to me. When I try to force myself to pay attention too hard then I get really bad tension headaches. As someone else mentioned, anxiety could also be driving it. I've not had this issue as much since I started taking meds and I think it's because I'm not forcing myself to pay attention.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 10

I get headaches looking at code I wrote the day before

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

I get headaches looking at code as soon as I write it

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

Anxiety

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

I know you said it's not your eyesight, but the way we look at screens is different for different tasks. Coding requires much more visual focus and processing than browsing the internet.

If you haven't had an eye test recently you might as well get one anyway! If you're in the UK you can get them for free at Specsavers or boots.

I have a very very weak prescription that I only need for work. I also only started getting headaches from using my computer at work, never just from using it at home. Since I started wearing my glasses my headaches have stopped :)

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

I second this. May want to get an eye exam and fill what may be a weak prescription for computer glasses. I get headaches if I don't use mine, and have 20/15 vision.

Commenter_8

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Proper posture, perhaps an external monitor if you can't achieve that with your laptop and blue light filter (glasses or screen protector)

Also I would get your vision checked you may have so near sightedness. I wear prism glasses that helps with my close vision and eye fatigue.

Commenter_9

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

A few ideas: Night mode / high contrast / find a refresh rate that helps/increase font size.

Commenter_10

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

I'm seriously thinking of getting an extra monitor that's really just an e-ink display for moments like these.

Commenter_11

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Among all the other suggestions, mine is to check what you're doing with your tongue. Is it sticking into the roof of your mouth when you notice a headache? This is what I was doing for years until I discovered it. If I consciously relax it I can stem those headaches before they become too problematic.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

Hmmm, my tongue is always stuck to roof of mouth. I'll try this.

Commenter_13

ID: REDACTED! ~(o.o)~ <3, Upvotes: 2

These are often caused by not using an external monitor.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Can you please elaborate? I use laptop. Why would an external monitor stop these headaches?

Commenter_13

ID: REDACTED! ~(o.o)~ <3, Upvotes: 4

They allow your neck to stay straight.

<https://hmccentre.com/screen-ergonomics-tips-for-headache-and-muscle-strain-prevention/>

Commenter_14

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

If it's an anxiety headache, this won't help, but I used to get eye strain headaches. I started using a tool called f.lux that's basically a blue light filter app. You can adjust it based on what you need in the moment.

Commenter_15

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Yep I used to get this all the time when I was coding like 5 hours a day on a personal project of mine.

Commenter_16

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Pomodoro! 25min work, 5 minute break. Break means walk away from any screen. My headaches were greatly reduced by doing this.

Also look at the refresh rate on your monitor. That plus mental effort of coding could cause headaches.

Commenter_17

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Get yourself some blue blocker glasses. Also better monitors. In the more immediate term, look for a different font. I had the same problem not that long ago, i think it was mostly the blue blockers that solved it for me but I did all 3 at about the same time so I'm not sure.