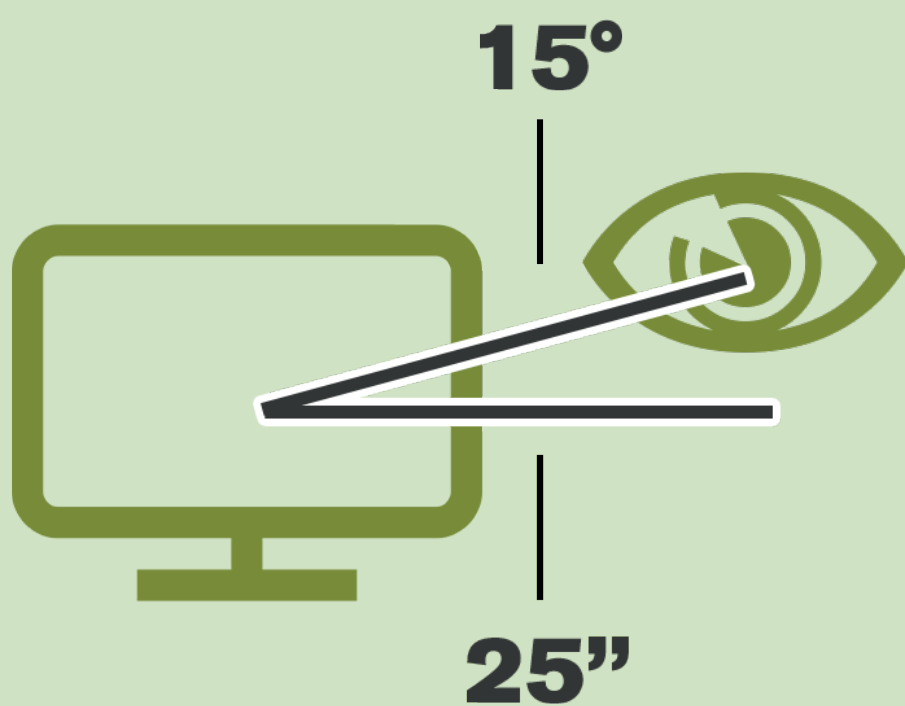


COMPUTER VISION SYNDROME

by the numbers:

50% to 90% of users suffer from computer vision syndrome.

Symptoms include blurred vision, dry eyes, and headaches.



Proper ergonomics reduce the chance of digital eyestrain.

Center monitor 25 inches from face and 15 degrees below eye level.

Use the 20-20-20 rule.
Every 20 minutes, look at an object 20 feet away for 20 seconds.



sources:

<https://www.allaboutvision.com/cvs/productivity.htm>

<https://www.webmd.com/eye-health/prevent-digital-eyestrain>