OptiBreak: Breaks that Boost Your Eye Health

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15 April 2023

1 Abstract

OptiBreak is a Python program designed to prevent eye strain caused by prolonged computer use. The program follows the 20-20-20 rule, which suggests that every 20 minutes, users should take a 20-second break and focus on an object 20 feet away. OptiBreak reminds users to take a break after every 20 minutes of computer use. The program runs in the background and does not interfere with other computer tasks.

2 Introduction

With the increasing use of computers in our daily lives, eye strain has become a common problem. Prolonged computer use can lead to symptoms such as dry eyes, blurred vision, and headaches. The 20-20-20 rule is a simple and effective way to prevent eye strain. The rule suggests that after every 20 minutes of computer use, users should take a 20-second break and focus on an object 20 feet away. OptiBreak is a Python program designed to remind users to take a break after every 20 minutes.

3 Methodology

OptiBreak is built using PyQt5, a Python library for creating graphical user interfaces. The program runs in the background and reminds the user to take a break after every 20 minutes of computer use. The program uses the time module to keep track of the time elapsed since the last break. Once 20 minutes have been passed, the program displays a message reminding the user to take a break with a 20 seconds counter.

4 Results

OptiBreak has been tested on multiple operating systems, including Windows and Linux. The program runs smoothly and does not interfere with other computer tasks.

5 Conclusion

OptiBreak is a simple and effective way to prevent eye strain caused by prolonged computer use. The program follows the 20-20-20 rule and reminds users to take a break after every 20 minutes of computer use. The program suggests exercises to reduce eye strain and runs smoothly in the background. OptiBreak is a useful tool for anyone who spends a lot of time in front of a computer and wants to prevent eye strain.

Figure 1: Demo of Screen with a Seconds Counter