It goes without saying that if you work in an office, you are very likely looking at a computer screen day after day. Technology has changed the way we do business and this means that computers are here to stay. Depending on how you have your office space set up you may find that your back is facing the doorway which can lead to some uncomfortable situations. If you've ever been hard at work typing away and someone has come up behind you, you know that it can be startling. Having a computer monitor mirror can alleviate that problem.

When you work in an office with many people you already know how difficult it can be to focus on the task at hand. Phones ringing, chit-chat going on and foot traffic can make for a very disruptive and non-productive work environment. Positioning yourself so you are less likely to be distracted can help you accomplish what needs to be done. With a computer monitor mirror you can keep an eye on what's going on without letting it influence your work.

There are several different designs available and the one you choose will vary depending on the type of monitor you have. One of the most popular types of computer monitor mirror fits along the top of a desktop computer monitor. You place it there and it runs the length of the monitor which allows you to see what is happening behind you in every direction. This type comes with a self-adhesive strip which means you can easily install the computer monitor mirror yourself.

Another design can be placed on either a desktop computer monitor as well as a laptop. This type comes complete with a bracket that allows you to adjust exactly where you want it placed. A computer monitor mirror like this can be put on either side of the monitor and removed easily. This allows the user to position it so they can see their doorway or the desk right behind them. Many people prefer this design of computer monitor mirror as it doesn't require the use of the adhesive.

Finding one is generally as easy as going to your local computer store. The sales associates will be able to explain how each one works and which they feel is most appropriate for your particular situation. Naturally, finding them online is just as simple as many websites now offer them with overnight shipping.

Staying focused on work is extremely important and finding anything that can aid in that is welcomed. Using a mirror that is attached to your monitor will keep you working while affording you the ability to know what's going on around you.