

VitaMin



Vital health information in a minute

SIDE EFFECTS OF SCREEN TIME

If you spend most of your waking hours looking at screens, you're not alone. On average, adults spend more than 11 hours per day interacting with media on TV, computers and mobile devices.¹

1. Computer vision syndrome

Excessive screen time can take a toll on your health in a number of ways. Looking at a computer monitor for extended periods can result in computer vision syndrome, also referred to as digital eyestrain. Here are some signs that it's time to power down for a while:²

- Blurred or double vision
- Dry, red eyes
- Eye irritation
- Headaches
- Neck, shoulder and back pain

2. Protect your eyes

If you're having vision problems related to screen use, the following changes may help:²

- Position your monitor slightly below eye level.
- Change the lighting to avoid glare from windows or overhead lighting.
- Use anti-glare screens to decrease the light reflected from the screen.
- Adjust the settings for brightness, contrast and font size on your devices.
- Blink frequently to minimize risk of developing dry eye.

- Take breaks to rest your eyes for 15 minutes after every two hours of screen time.

See your eye doctor if you continue to experience vision problems. Wearing glasses for computer work may help in some cases.



Take a break from screens and do something hands-on, such as chopping ingredients in the kitchen. Try this recipe for **Black Bean & Charred Corn Sliders**.

[Check it out](#)

Source:

1. Nielsen. U.S. Adults Spend Majority of Waking Hours Interacting with Media. <https://www.tvtechnology.com/news/nielsen-u-s-adults-spend-majority-of-waking-hours-interacting-with-media> (Last reviewed/updated July 1, 2019).
2. WebMD. What Is Computer Vision Syndrome? <https://www.webmd.com/eye-health/computer-vision-syndrome#1> (Last reviewed/updated August 17, 2019).



Together, all the way.®

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