

Tips for Tired Eyes



Working on computers, and extended reading or other near work often leads to tired eyes. Here's what we suggest:

- ◆ Use the 20-20-20 Rule (see below) while on the computer, or when reading. Cut it out and post near your computer or use as a bookmark as a reminder.
- ◆ Imagine a clock directly in front of you. Focus on the center point, then look at an hour mark without moving your head. Look back at the center of the clock, and then focus your eyes on another hour mark. Try this 10 times.
- ◆ Use your eyes to write letters on a distant wall—but keep your head still.
- ◆ Blink often! Especially while on the computer or if you wear contact lenses.



20-20-20 Rule

— ***20 Second
Break***

— ***Every 20
Minutes***

— ***Focus 20 Feet
Away***

