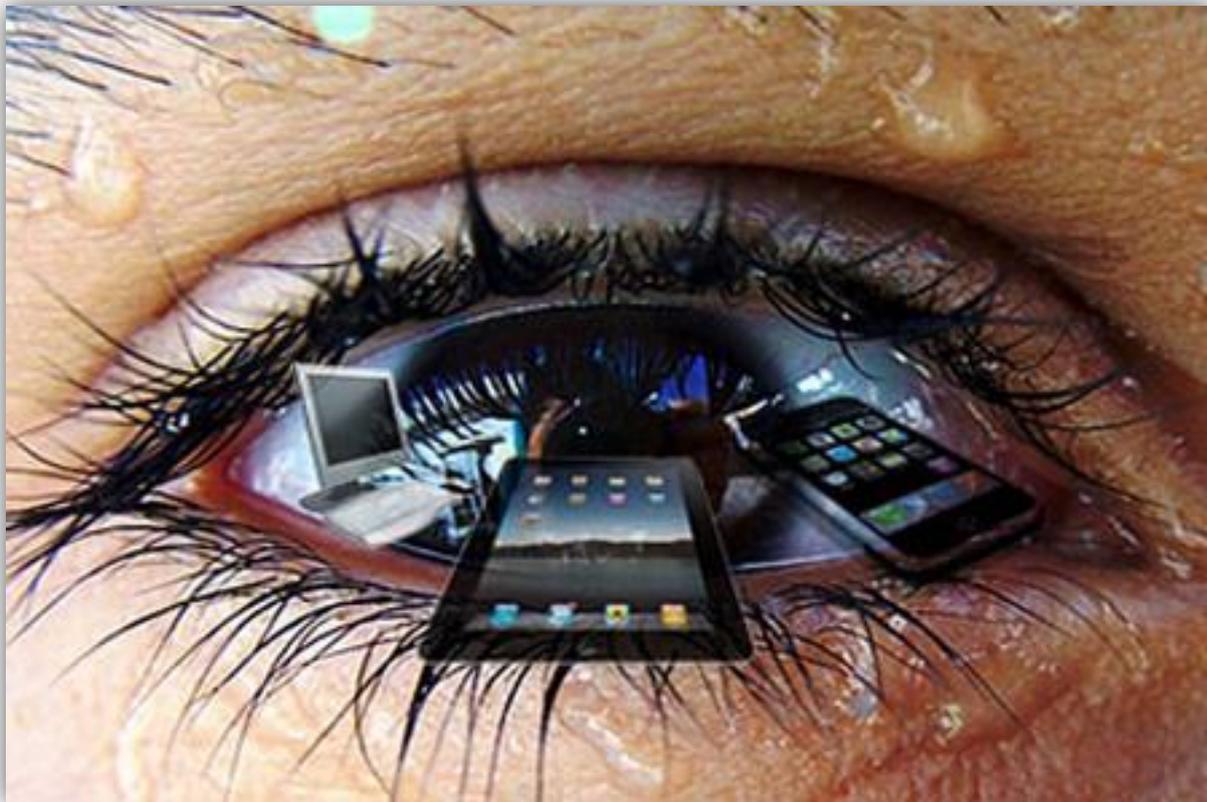




## Eye strain and discomfort from electronic devices

Nowadays, we spend more time using a wide variety of digital devices to work, learn and be entertained. Recent digital screens are often equipped with powerful light sources such as LED. These digital screens emit intense blue light and can cause eye strain after long exposure. The new generation of blue control lens coatings provide a solution to such stressful conditions, by stopping these potentially harmful rays reaching the eye. They are applied in the same way as a convention anti-glare coating, to the surfaces of the spectacle lens. The result is improved contrast and clearer, stress free vision. Most of them also incorporate protection against scratching, anti-static and 'keep clean' technology and some offer full Ultra violet protection as well.



Many of us stare for long periods at one screen or another. When working at a computer, many of us blink less often. Tears coating the eye evaporate more rapidly during long non-blinking phases and this can cause dryness. Also, the air in many office environments is dry, which can increase how quickly your tears evaporate, placing you at greater risk for dry eye symptoms such as sore, red, gritty feeling eyes. Blinking wets the eye and therefore it is advisable to look away from your screen at regular intervals and blink several times to increase the tear film over the eyes and lubricate them.

Another cause of computer eye strain is focusing fatigue. To reduce your risk of tiring your eyes, look away from your computer at least every 20 minutes and gaze at a distant object (at least 20 feet away) for at least 20 seconds. This exercise reduces the risk of your eyes' focusing ability to "lock up" (a condition called accommodative spasm) after prolonged computer use.

Taking a few simple precautions can considerably improve and protect your visual system from the challenges of the digital age that we live in.

*If you have found this article interesting and have questions regarding it, then please do get in touch either for a chat by phone, or please feel free to email me.*

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