

9 WAYS to Protect Your EYES from Blue Light



20/20/20 Rule

1

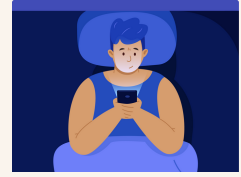
Take a 20-second break every 20 minutes and focus on something 20 feet away to relieve eye strain and reduce dryness.

20

Ensure Proper Lighting

2

Avoid harsh or dim lighting and use natural light when possible. Position screens away from direct sunlight to reduce eye strain.



Use a Better Computer Monitor

3

Opt for a monitor with blue light filters or a screen protector to minimize blue light exposure and enhance eye comfort.



Blink More

4

Blink frequently to keep eyes moist and lubricated, preventing dryness and discomfort caused by decreased blink rates during screen use.



Take Frequent Breaks

5

Step away from the screen every 20 minutes to reduce eye strain, maintain healthy blinking rates, and prevent dry eyes.



Change Workstation Setup

6

Position the monitor at eye level, maintain a proper distance, adjust brightness, and consider anti-glare measures to reduce eye strain.



Get a Screen Protector

7

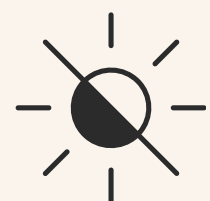
Invest in a screen protector with blue light filters and anti-glare properties to shield eyes from harsh glare and blue light.



Use Night Mode

8

Lower screen brightness and enable night mode to reduce eye strain and prevent disruption of sleep patterns.



Use Blue Light Computer Glasses

9

Wear glasses designed to block or filter blue light to reduce eye strain, improve sleep patterns, and enhance visual comfort during laptop use.

