



# Computer Vision Syndrome (CVS)

Computer Vision Syndrome can be caused by using a computer or mobile device for long periods of time.

## Symptoms of CVS

Talk to your eye doctor if you have:

- An itching or burning sensation in your eyes
- Dry eyes
- Tearing
- Headaches
- Blurred vision

## Protect Your Eyes From CVS

### Rearrange Your Workspace

- Set up your desk so that your computer monitor is about 20 to 24 inches from your eyes and about 15 to 20 degrees lower.
- Make sure that your work area is illuminated evenly and that the light doesn't shine directly on your monitor.
- Use an anti-glare screen or a hood on your monitor.
- Adjust the font size and contrast setting on your monitor.

### Give Your Eyes a Rest

- Dry, irritated eyes? Stop working for a minute or two and slowly blink your eyes 10 times.
- Follow the "20/20 Rule": Take a break every 20 minutes and focus your eyes on something about 20 feet away for 20 seconds.

## Did You Know?\*

- About **143 million** people in the U.S. work on a computer every day.
- More than **70 percent** of computer users experience some computer-related eye discomfort.
- Approximately **14 percent** of people who schedule eye doctor visits do so because of CVS.
- Computer users who have uncorrected vision are **20 percent** less productive than those whose vision is corrected with glasses or contact lenses.



\*Sources: American Optometric Association, Archives of Ophthalmology, All About Vision

## See Your Eye Doctor

- If you are experiencing any symptoms of CVS, see your eye doctor.
- Tell your eye doctor about your computer use during your annual eye exam.

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