

# What You Need to Know About COMPUTER VISION SYNDROME

## WHAT IS COMPUTER VISION SYNDROME?

Computer Vision Syndrome (CVS) is a group of eye and vision-related problems that result from prolonged fixation of the eyes on screens such as computers, tablets, e-readers, cell phones, televisions, etc.<sup>1</sup>

People are spending more and more time with screens



Globally, people log an average of  
**417 MINUTES**  
(APPROXIMATELY 7 HOURS)  
of screen time per day<sup>2</sup>

About **70% of people who use computers at work** worldwide report having vision problems<sup>3</sup>

People can suffer from CVS with as little as  
**two hours' screen time per day**<sup>4</sup>

### What are the symptoms?<sup>1</sup>



EYESTRAIN



HEADACHES



BLURRED VISION



DRY EYES



NECK AND  
SHOULDER PAIN

### What can cause CVS?<sup>1</sup>



POOR  
LIGHTING



GLARE ON A  
DIGITAL SCREEN



IMPROPER  
VIEWING DISTANCES



POOR  
SEATING POSTURE



UNCORRECTED  
VISION PROBLEMS

### Here's how you can prevent CVS<sup>5</sup>



**Sit an arm's length from the computer screen.** Position the screen so your eye gaze is slightly downward



**Reduce glare** by using a matte screen filter if needed



**Use artificial tears to refresh your eyes** when they feel dry, or consider using a humidifier



**Take regular breaks using the "20-20-20" rule:** every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds



If a screen is much brighter than the surrounding light, your eyes have to work harder to see; **adjust your room lighting and try increasing the contrast on your screen to reduce eye strain**

**If you are experiencing any CVS symptoms, make an appointment with your eye doctor to determine if you have CVS and how to best manage it.**

1. American Optometric Association. Computer Vision Syndrome.

<https://www.aoa.org/patients-and-public/caring-for-your-vision/protecting-your-vision/computer-vision-syndrome?sso=y>. Accessed August 2017.

2. Millward Brown. AdReaction 2014 Global Report. [https://www.millwardbrown.com/adreaction/2014/report/Millward-Brown\\_AdReaction-2014\\_Global.pdf](https://www.millwardbrown.com/adreaction/2014/report/Millward-Brown_AdReaction-2014_Global.pdf). Accessed August 2017.

3. Akinbinu, T. R., & Mashalla, Y. J. (2014). Impact of computer technology on health: Computer Vision Syndrome (CVS). *Medical Practice and Reviews*, 5(3), 20-30.

4. The Vision Council. Digital Eye Strain. <https://www.thevisioncouncil.org/content/digital-eye-strain>. Accessed September 2017.

5. American Academy of Ophthalmology. Computers, Digital Devices and Eye Strain. <https://www.aao.org/eye-health/tips-prevention/computer-usage>. Accessed August 2017.