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.


COMPUTER VISION SYNDROME
What You Need to Know About

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.

WHAT ARE THE SYMPTOMS?
- EYESTRAIN
- HEADACHES
- BLURRED VISION
- DRY EYES
- NECK AND SHOULDER PAIN

WHAT CAN CAUSE CVS?
- POOR LIGHTING
- GLARE ON A DIGITAL SCREEN
- IMPROPER VIEWING DISTANCES
- POOR SEATING POSTURE
- UNCORRECTED VISION PROBLEMS

Here’s how you can prevent CVS:
- 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.
- 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.
- 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.

Globally, people log an average of 417 MINUTES (APPROXIMATELY 7 HOURS) of screen time per day.

About 70% of people who use computers at work worldwide report having vision problems.

People can suffer from CVS with as little as two hours’ screen time per day.