

# Save Your Vision from: Smartphone & Pc

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## **Introduction:-**

A new generation is digitalization with everywhere we can see that a lots of uses gadgets most popular are smartphone and computer. Also new trend is online classes there are lots of chances to loss our vision due to frequency of uses.



## **How to Save Your Vision from Smartphone & Pc**

### **Blue light filter:-**

- Use **blue light filter (mostly used at night)** to protect eye and relieve stress. It will help you to get sleep



### **Blink your eye**

During use of smartphone and computer our eyes are fixated on the screen and we forget to blink our eyes. This leads to dryness and eyes feel tired. So **don't forget to blink your eyes** so that the eyeball can



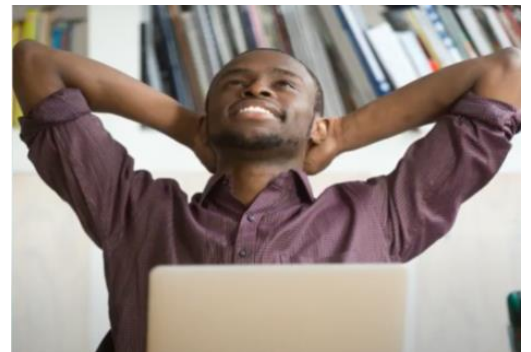
### **Use 20 20 20 rule**

Screen time is a big issue and we are never aware about that. Try to set a good number of hours of work and make a rule to help your eyes.

1. **Stop your screen** - After every **20 minutes** spent on the screen take a break.



2. Look at something about **20 feet away** for 20 seconds.



## Uses dark mode

In every smart phone an App gives us **the Dark Mode** option. Use it as much as possible to reduce our eye strain, red eye, blurring vision & dryness.



## Use specs

**Use Specs** if you have visibility issues like you can't focus on small word or blurring of vision then use specs that reduce your eyes efforts.



## Maintain distance to your display

- Use Position towards your monitor at least **20 inches** (51 cm) from **your** eyes
- Use body posture at least **90 degree** angles it became help to reduce your back pain. And make concentrate to your work.
- Distance toward smartphone display at least 20-28 inches from the eye
- Don't use smartphone in sunlight.
- Sunlight makes reading not easy to read and causes eye fatigue.



**Conclusion:** - A concluded that our eye is most important part of our body so we can save it or destroy. So as we all are aware about that causes and we have to maintain and make as health eye for using a simple tips.

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