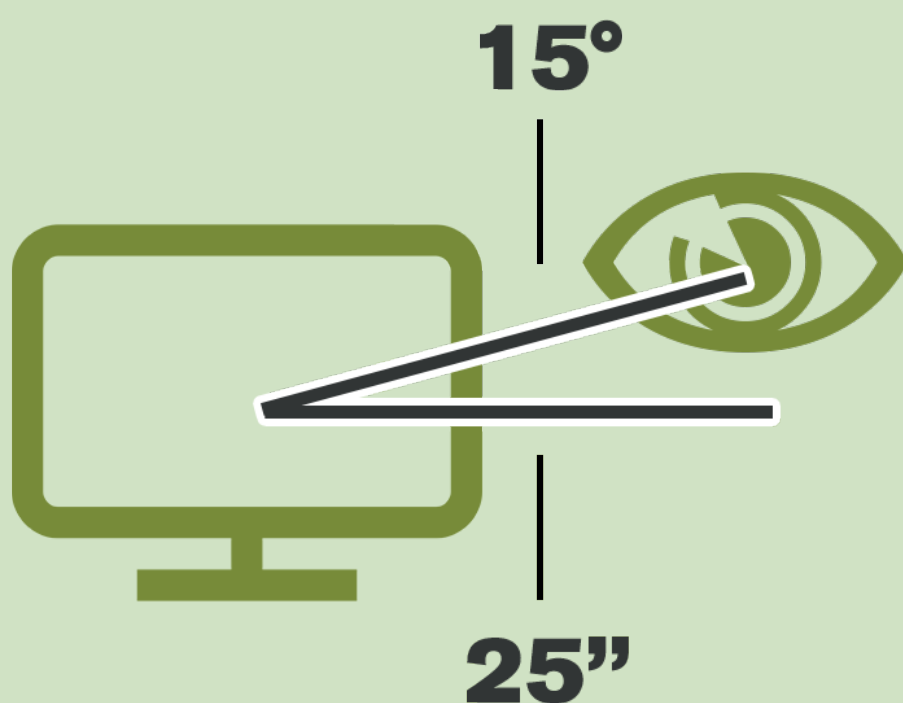


# COMPUTER VISION SYNDROME

*by the numbers:*

**50% to 90% of users suffer from computer vision syndrome.**

Symptoms include blurred vision, dry eyes, and headaches.



**Proper ergonomics reduce the chance of digital eyestrain.**

Center monitor 25 inches from face and 15 degrees below eye level.

**Use the 20-20-20 rule.** Every 20 minutes, look at an object 20 feet away for 20 seconds.



**sources:**

<https://www.allaboutvision.com/cvs/productivity.htm>

<https://www.webmd.com/eye-health/prevent-digital-eyestrain>