

# Computer Vision Syndrome

Computer vision syndrome (CVS) is a temporary eye vision problem resulting from focusing the eyes on a computer display for prolonged, uninterrupted periods of time.

## **Different problems encountered after prolonged use of computers.**

- Headaches
- Red eyes
- Eyestrain
- Contact lens discomfort
- Neck ache and backache
- Blurred vision
- Slowness in changing the focus of your eyes
- Dry & Irritated eyes
- Excessive tearing
- Sensitivity to light

## **Reasons for CVS**

When using the computer your blink rate decreases by a drastic 70 percent. Generally speaking means that instead of blinking an average of 14 times per minute, you are now blinking 7 times per minute.

## **Prevention is better than cure for CVS**

- If your eyes are dry or irritated, use eye drops to moisturize and lubricate
- Place reference to typing materials close to the computer screens.
- Blink frequently
- Visual breaks: A good rule of thumb is 20/20, i.e. every 20 minutes, look at any object 20 feet away for 20 seconds.
- Avoid sitting at a location with direct blower or an A.C or for a long period in a room with low humidity
- Install a glass anti-glare filter.
- Install a screen or partition behind your computer to reduce overhead glare.
- Make sure there is sufficient light to read hard copy without straining.
- Use a stand for hard copy so that source documents and the computer screen are at roughly equal distance from the eyes.
- If any symptoms are worse or your sight is deteriorating, make an appointment to see your eye care professional

- Adjust the height of your desk or chair so the middle of the computer screen is about 20 degrees below eye level. The screen itself should be 16- 30 inches from your eyes.
  - Choose screens that can tilt and rotate. A keyboard that you can adjust is also helpful.
  - Adjustable chair.
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