VisianICL® EYE FACTS

The 20-20-20 Rule
Preventing Eye Strain

Every 20 Minutes

Give your eyes a break and take your eyes off your computer.

Blink often to refresh your eyes.

Many people blink less when working at a computer. Blinking helps produces tears that moisten and refresh your eyes.

20 Minutes

20 Feet

20 Seconds

Look at something 20 feet away

Try to stand up and move around at least once every hour or so. If possible, lean back and close your eyes for a few moments.

For at least 20 seconds.

Take a break every 15 to 30 minutes for at least 20 seconds.

Adjust computer display settings.

Adjusting the brightness, text size, contrast and cool tempature of your computer settings can help reduce eye strain and fatigue.

Take regular breaks from your computer screen.

To reduce the risk for not only eye strain but neck, back and shoulder pain, take frequent breaks from your computer.