



Learning looks different this year

Virtual learning comes with increased screen time which can cause digital eye strain¹ characterized as eye tiredness, dryness, headaches, blurred vision, and neck and shoulder pain². If you ask us, that's no way to spend the school day.

Here are 5 tips to help keep eyes comfortable with all this added screen time.

1

Decrease the brightness of the screen and turn up the contrast in your screen settings.

2

Make sure to take breaks – try the 20-20-20 rule. Every 20 minutes look at something 20 feet away for 20 seconds.

3

Sit an arm's length (25 inches) away from the screen and adjust the height so you aren't looking down at the screen.

4

Ask us about trying Biofinity Energys[®] contact lenses to help with eye tiredness and dryness associated with digital eye strain. And for a limited time, you can **save up to \$75!**³

5

Schedule an eye exam – some students may not have the opportunity to receive the vision screenings they usually get in school, **so call us today to make an appointment.**

1. Hutton D. Ophthalmologists anticipate virtual learning will drive increase in eye strain. *Ophthalmology Times*. August 2020.

2. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?ss=y>

3: New to CooperVision contact lens wearers only. Rebate not valid in combination with purchase at 1-800 CONTACTS, Costco or Internet Retailers.