

Computer Vision Syndrome (CVS)

Computer vision syndrome, also referred to as digital eye strain, describes a group of eye and vision-related problems that result from prolonged computer, tablet, e-reader and mobile phone use.

Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.

The average American worker spends seven hours a day on the computer.

To help alleviate digital eyestrain, follow the **20-20-20 RULE**

20  Take a 20-second break

20  To view something 20 feet away

20  Every 20 minutes.



 If the 20-20-20 rule does not work, take an extended break.

 **Avoid eye strain: Learn to recognize CVS causes and symptoms.**

CVS CAUSES

- Poor lighting
- Glare on a digital screen
- Improper viewing distances
- Poor seating posture
- Uncorrected vision problems
- A combination of these factors

CVS

CVS SYMPTOMS

- Eyestrain
- Headaches
- Blurred vision
- Dry eyes
- Red, irritated eyes
- Neck and shoulder pain

For more information about CVS, contact your local Optometry/Ophthalmology clinic or visit the Vision Center of Excellence's website at www.health.mil/vce