Using digital devices for long periods of time can lead to discomfort, including eye strain and dry eye. If you spend a lot of time viewing a computer screen or a smart phone, consider the following tips:

**Don’t over-work your eyes.** Screen-based activities often take extra focus and concentration, which puts extra stress on your vision.

**Consider using a portable humidifier if your working environment is particularly dry.** A dry environment can contribute to dry eye symptoms, particularly if you don’t blink often enough (see below).

**Take regular breaks to look away from your screen.** Every 20 minutes, shift your gaze to look at something 20 feet away for 20 seconds. Thinking of this as the **20:20:20 rule** may help you remember to do it.

**Get your eyes checked by an optometrist to make sure that your visual needs are being met.** Older people who need help with distance and near vision may find that they need to add another level of correction to help with “intermediate” distance tasks, like working at a computer.

**Remember to blink!** When you focus on a digital screen for a long period of time, you may not blink often enough - or your eyelids may not close as completely as they should, drying the surface of your eye. Of course this is particularly a problem if you wear contact lenses!

For references and more resources like this visit [contactlensupdate.com](http://contactlensupdate.com)