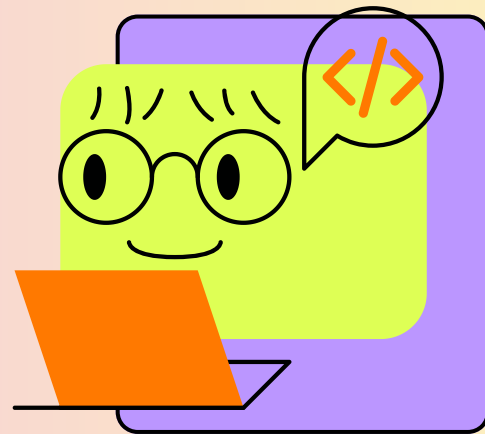


Protect Your Eyes From Too Much Screen Time



As daylight gets shorter and we spend more time indoors, screen time naturally increases — which can lead to digital eye strain. Headaches, dry eyes, blurry vision, and neck pain are all common symptoms. The good news: small changes can make a big difference.



Follow the 20-20-20 Rule

Every 20 minutes, look at something 20 feet away for at least 20 seconds. This helps relax your eye muscles and prevents fatigue.

Check Your Posture & Screen Setup

- Keep your screen an arm's length away.
- Position your screen so the top is at or slightly below eye level.
- Avoid glare — adjust lighting or use an anti-glare screen filter.



Adjust Display Settings

- Lower the brightness to match the room lighting.
- Increase text size to reduce eye strain.
- Turn on blue light filters/night mode on devices, especially in the evening.



Prioritize Good Sleep

- Blue light exposure at night can affect your sleep quality.
- Limit screen use 1–2 hours before bed.
- Use nighttime settings to reduce blue light when evening screen time can't be avoided.



For more information on screen time and eye health, visit;

aao.org/eye-health/tips-prevention/digital-devices-your-eyes



County of Morris
Department of Law & Public Safety
Division of Public Health
P.O. Box 900
Morristown, NJ 07963-0900
(973) 631-5184



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