

Good habits for better eyesight

Protect Your Eyes- Don't take vision for granted

In today's digital world, our eyes are increasingly exposed to screens, pollution, and UV rays, which cause harmful effects such as redness, discomfort, and in severe cases vision impairment. Many of these go undetected till it is too late.

By incorporating simple yet essential eye care practices into our daily lives, we can ensure that our eyes remain resilient and **we must preserve this most valued sense**

Follow these steps for healthy eyes:

- 1. Maintain proper lighting:** Ensure that your workspace environment and home have proper lighting to reduce eye strain. Arrange the lighting in the room such that the glare and reflection of the screen are reduced to minimum soft lighting from the right.
- 2. Take frequent breaks from the screen:** Spending too many hours staring at a screen can cause eye strain. Give your eyes a rest with the 20-20-20 rule. Every 20 minutes, look about 20 feet away for 20 seconds and blink 20 times. Do eye exercises in your free time.
- 3. Maintain Level:** The center of the computer screen should be 4-4 inches below your eye level. This lowered gaze keeps the eyes half covered and prevents eye strain & evaporation of tears.
- 4. Attach an anti-glare screen** in front of your monitor.
- 5. Use artificial lubricating eye drops** in your daily routine to help with dryness, irritation, and discomfort in your eyes. Use them whenever your eyes feel uncomfortable, especially before and after activities that might strain your eyes at screens. **Maintain good eye hygiene, it is the most sensitive organ we have.**

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6. Wear the right prescription glasses: Not wearing your prescribed eyeglasses or contacts can create discomfort from eye strain and headaches. Corrective surgery may be required in some cases.

7. Take your contact lenses out at the end of the day. Avoid wearing it for more than 19 hours. Wash your hands well before you put in or take out.

8. Wear protective gear like sunglasses when you are working or traveling in the open. Too much UV exposure in the sun increases your chances of cataracts and retinal degeneration.

9. Blink frequently: The blink rate reduces when staring at the computer screen. So eyes become dry as the tear film does not spread nicely on the surface. Blinking corrects this dryness.

10. Visit an eye care practitioner regularly: Have your eyes checked regularly even when you are not facing any evident problems with your vision. **Many eye diseases, such as Glaucoma, diabetic eye disease, and macular degeneration often have no warning signs.**

By adopting these good eye care habits, you can promote healthy vision, reduce the risk of eye problems, and enjoy optimal eye health throughout your life.

To know more:

- [Tips to maintain good vision and healthy eyes](#)
- [Daily eye exercises](#)
- [How to prevent vision loss](#)

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