For more eye-health tips visit aoa.org and contact an AOA doctor of optometry to schedule your comprehensive eye exam.

**CREATE AN EYE-FRIENDLY WORKSPACE**

**DISTANCE FROM YOUR DEVICE**
At least 20 inches for larger screens, at least 13 inches for smaller devices. To avoid bringing any device close to your eyes, try the zoom feature to see small print and details.

**USE THE PROPER EYEGLASSES**
to see the screen clearly and comfortably at your intended viewing distance.

**CHECK YOUR DEVICE’S SETTINGS**
to see if you can adjust blue light filtering features to reduce any potentially harmful effects.

**TECHNOLOGY BEFORE BED**
can prolong the time it takes to fall asleep. Avoid using your devices at least an hour before bed.

**FOR LARGER SCREENS**
keep the top of the screen at about eye level and tilt the bottom of the screen towards you, at an angle of about 15 to 20 degrees.

**ADJUST SCREEN BRIGHTNESS**
to match your environment: brighter screen in bright lighting; dimmer in dim lighting. Avoid using any device in direct sunlight or darkness.

**REDUCE REFLECTIONS AND GLARE**
on your device by avoiding direct sun and artificial lights. Use an anti-glare filter or change the position of your screen.

**THE 20-20-20 RULE**
Take a screen break for at least 20 seconds to view something at least 20 feet away at least every 20 minutes. A 20-minute reminder or timer can be helpful.

**CHECK YOUR DEVICE’S SETTINGS**
to see if you can adjust blue light filtering features to reduce any potentially harmful effects.

**FOR LARGER SCREENS**
keep the top of the screen at about eye level and tilt the bottom of the screen towards you, at an angle of about 15 to 20 degrees.

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