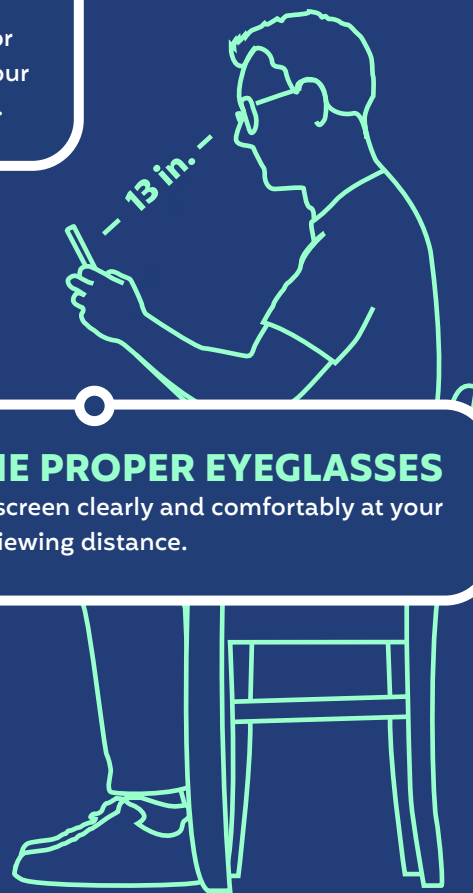


# CREATE AN EYE-FRIENDLY WORKSPACE

## 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.

## ADJUST SCREEN BRIGHTNESS

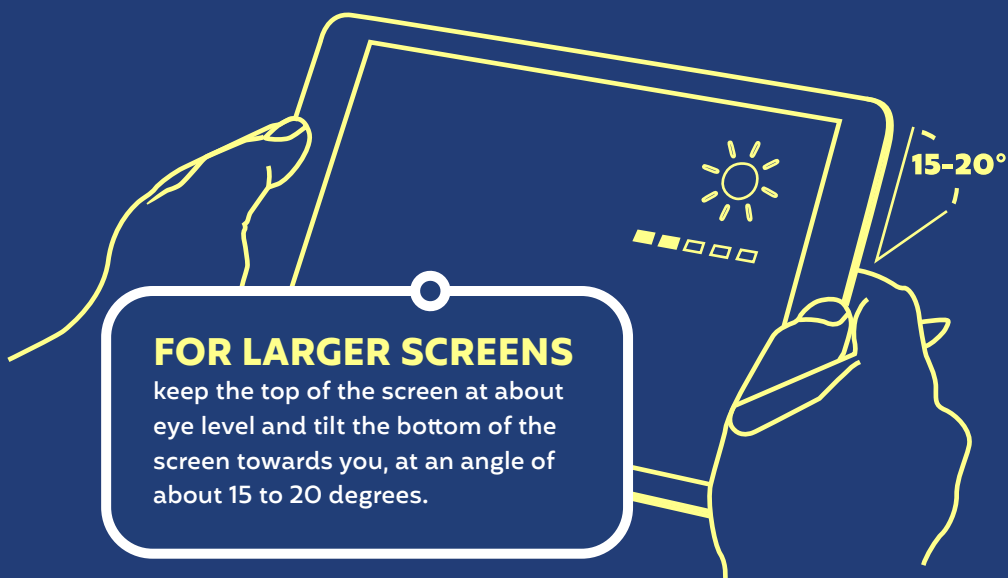
to match your environment: brighter screen in bright lighting; dimmer in dim lighting. Avoid using any device in direct sunlight or darkness.

## 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.

## 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.



## 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.

## TECHNOLOGY BEFORE BED

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

For more eye-health tips visit [aoa.org](http://aoa.org) and contact an AOA doctor of optometry to schedule your comprehensive eye exam.

