

# 7 things you're doing at your desk *that will give you* **eye strain**

Don't wear glasses with an **old prescription**. For maximum comfort, ask your eye doctor about custom computer eyeglasses.

**Old monitors** and low-resolution screens are hard on the eyes. Upgrade to a high-resolution flat panel display for less eye fatigue.

Eye strain can be caused by **excessive lighting**. Overhead lighting should be no brighter than your screen.

Avoid "**turtling**" – sitting with your back rounded, chin jutting forward and head tilted back – to get closer to your screen. If you can't see your screen clearly with

good posture, visit an eye doctor.

**Sitting too close** to the screen can cause eye fatigue and blurred vision.

Having your **mouse too far away** will make you lean closer to your screen, increasing focusing strain.

Are you sitting in a **bad chair**? Your back should be supported so you can sit upright and at a comfortable viewing distance from your screen.

