



# Learning looks different this year

Virtual learning comes with increased screen time which can cause digital eye strain<sup>1</sup> characterized as eye tiredness, dryness, headaches, blurred vision, and neck and shoulder pain<sup>2</sup>. If you ask us, that's no way to spend the school day.

**Here are 5 tips to help keep eyes comfortable with all this added screen time.**

- 1 Decrease the brightness of the screen** and turn up the contrast in your screen settings.
- 2 Make sure to take breaks** – try the 20-20-20 rule. Every 20 minutes look at something 20 feet away for 20 seconds.
- 3 Sit an arm's length** (25 inches) away from the screen and adjust the height so you aren't looking down at the screen.
- 4 Ask us about trying Biofinity Energys® contact lenses** to help with eye tiredness and dryness associated with digital eye strain. And for a limited time, you can **save up to \$75!**<sup>3</sup>
- 5 Schedule an eye exam** – some students may not have the opportunity to receive the vision screenings they usually get in school, **so call us today to make an appointment.**

1. Hutton D. Ophthalmologists anticipate virtual learning will drive increase in eye strain. *Ophthalmology Times*. August 2020.

2. <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome?sso=y>

3: New to CooperVision contact lens wearers only. Rebate not valid in combination with purchase at 1-800 CONTACTS, Costco or Internet Retailers.