



# The 7-Step Screen Fatigue Reset

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A simple daily system to reduce digital eye strain

● RESTORATIVE

● EVIDENCE-BASED

● PRACTICAL

# Why Screens Tire Your Eyes



## Reduced Blinking

Blink rates drop by up to 60% during screen use, leading to rapid tear evaporation.



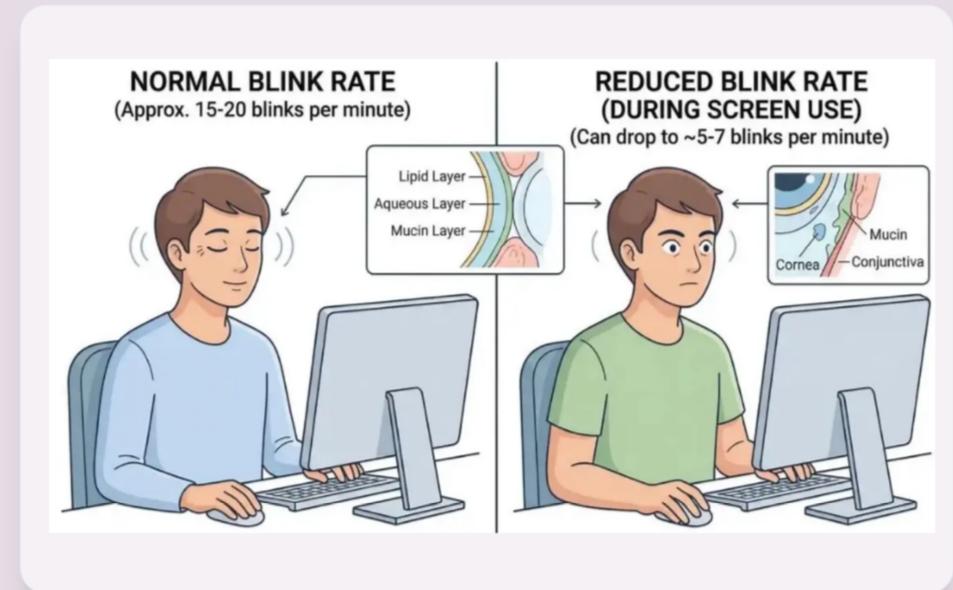
## Constant Near Focusing

Ciliary muscles remain in a state of constant contraction to keep the screen in focus.



## Bright Light Exposure

High contrast and artificial glare force the visual system to work harder to process text.



Visual comparison: Normal blinking vs. reduced blinking during screen use.

# The 3 Types of Screen Fatigue



## Type 1 — Blink Fatigue

Dry or burning eyes caused by reduced blinking.



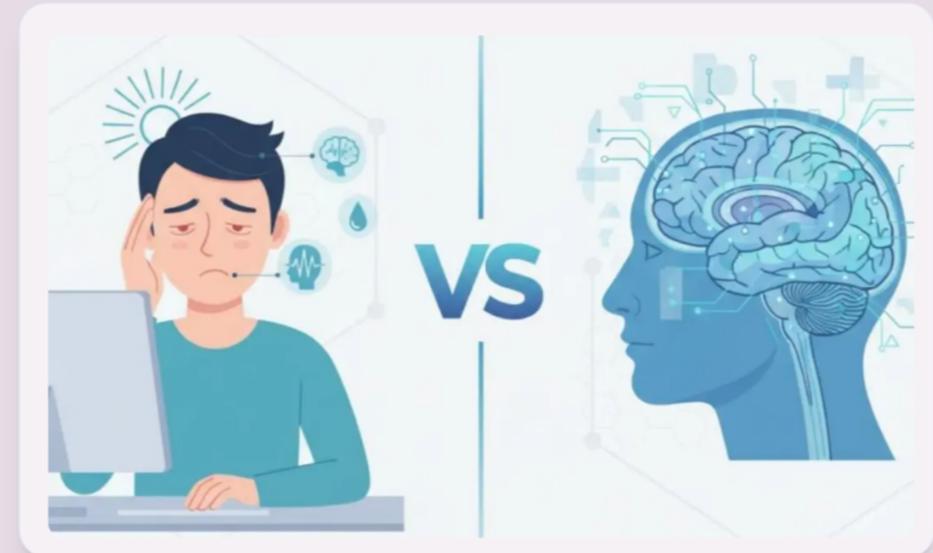
## Type 2 — Focus Fatigue

Blurred vision or headaches caused by constant near focusing.



## Type 3 — Environment Fatigue

Light sensitivity and glare caused by screen brightness and lighting conditions.



*Visual guide to understanding digital eye strain components.*

# A Simple Daily **Reset Protocol**

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## Morning

- Blink reset exercise
- Adjust lighting



## During Work

- Follow the 20-20-20 rule
- Maintain proper screen distance



## Evening

- Perform the short eye reset routine

# Common Mistakes That Make Screen Fatigue Worse

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- ✗ Staring at screens without blinking
- ✗ Screen positioned too close
- ✗ Bright screen in a dark room
- ✗ Skipping regular breaks
- ✗ Leaning forward toward the screen

## THE MECHANICS

# Problem #1: Reduced Blinking

When focusing on a digital device, our natural blink reflex is suppressed by the brain.

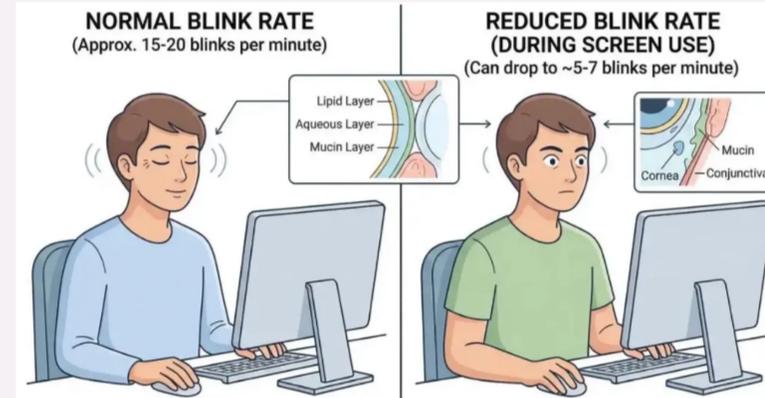
**50-60%**  
*Drop in blink rate*

### ⚠ Negative Effects

🚫 Rapid tear film evaporation

👁️ Gritty, dry eye sensation

💧 Persistent burning sensation



*Visual comparison: Healthy tear film (left) vs. evaporation due to screen use (right).*

## ISSUE ANALYSIS

# Problem #2: Continuous Focus

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### The Ciliary Muscle Spasm

Inside your eye, a tiny ring-shaped muscle called the **ciliary muscle** must contract to focus on close objects like screens.

*"Staring at a screen for hours is like holding a heavy book with a straight arm—eventually, the muscle shakes, aches, and fails to relax."*

## WARNING SIGNS



### Blurred Vision

Difficulty shifting focus to distant objects.



### Tension Headaches

Dull aches starting behind the eyes.



### Eye Pressure

A heavy, gritty sensation as muscles fatigue.

## STEP 01

# The 20-20-20 Rule

The golden standard for preventing digital focusing muscle fatigue.



# 20

## MINUTES

Set a timer or use a reminder app.



# 20

## FEET AWAY

Look at a distant object or out a window.



# 20

## SECONDS

Allow the ciliary muscles to fully relax.



**Pro Tip:** If you can't judge 20 feet, simply look as far away as your environment allows. The goal is "optical infinity."

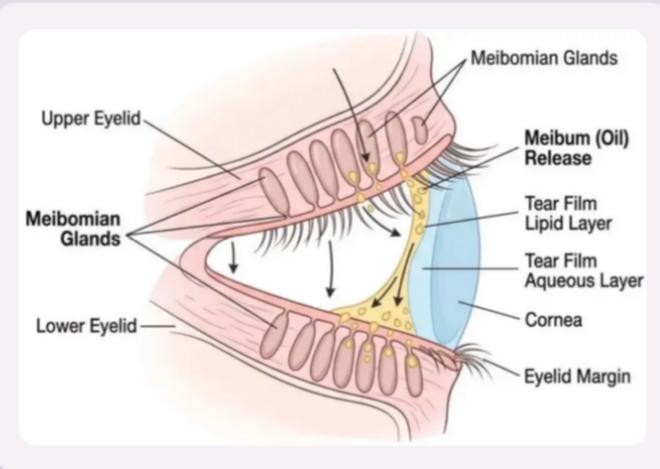
## STEP 02

# Restore Full Blinks

### The Blink Reset Exercise:

- 1 Close Gently**  
Rest your eyelids together without force.
- 2 Squeeze Lightly**  
Activate the meibomian glands to release oils.
- 3 Open and Relax**  
Allow your tear film to redistribute evenly.

**i** Repeat this cycle 5 times to refresh your ocular surface.



#### CLINICAL CONTEXT

Full blinks "pump" the **Meibomian Glands**, releasing critical oils that prevent tear evaporation.

## STEP 03

# Fix Screen Distance

Optimize your workstation ergonomics for eye comfort.

### ↔ Arm's Length Away

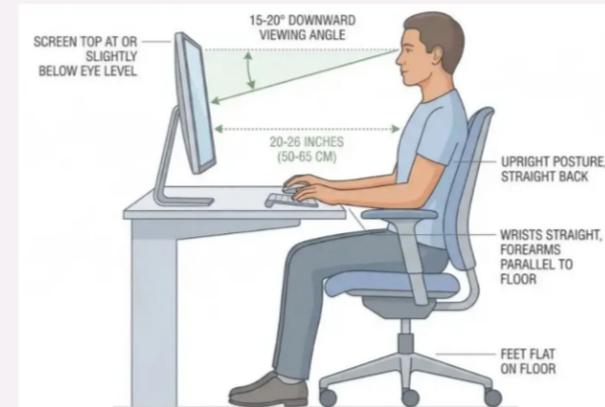
Position the screen about 20–26 inches from your eyes. Use the "high-five" test.

### ✓ 15-Degree Downward Angle

The center of the screen should be slightly below eye level.

### ✓ Maintain Upright Posture

Avoid "turtling" or leaning forward. Keep your back straight.



## STEP 04

# Control Lighting

Optimize your environment to reduce visual strain.

### Avoid Screen Glare



Position your monitor to avoid reflections from windows or lamps.

### Match Brightness

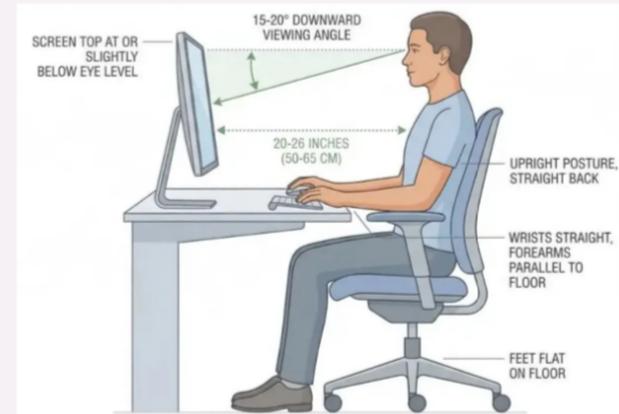


Your screen should roughly match the ambient lighting of your room.

### Avoid Dark Environments



Don't use a bright screen in a pitch-black room; use a bias light.



## STEP 05

# Support Your Tear Film

Simple daily habits to build a hydration defense system.



### Internal Hydration

Your body cannot produce quality tears if it is dehydrated. Drink adequate water throughout the workday.



### Control Airflow

Avoid fans or AC vents blowing directly toward your face, as this accelerates tear evaporation.



### Smart Lubrication

Use **preservative-free** artificial tears. Avoid drops marketed to "get the red out."



**PROFESSIONAL TIP:** "Apply a drop before starting long periods of screen work, rather than waiting until your eyes already feel dry."

# A Simple 5-Minute **Eye Reset**

Integrate this daily mini routine to release tension and refresh your vision.



## **Look Far Away**

Find a distant object at least 20 feet away. Stare at it softly for one full minute to allow focusing muscles to fully relax.



## **Blink Slowly**

Perform 10-15 deliberate, full blinks. Ensure eyelids touch to pump essential oils from the glands back onto your eyes.



## **Stretch & Release**

Roll your shoulders back and gently tilt your neck. Relieving upper body tension improves blood flow to the eyes.



## **Close Briefly**

Close your eyes and lightly cover them with your palms. Total darkness allows the visual system to reset in complete rest.

# When to See an Eye Doctor

Recognize when symptoms transition from fatigue to serious medical concerns.

## Persistent Eye Pain



Sharp, deep, or throbbing pain that does not resolve.

## Sudden Vision Change



Blurred vision, double vision, or a "curtain" falling.

## Flashes or Floaters



Sudden bursts of light or new floating spots.

## Severe Light Sensitivity



When normal indoor lighting becomes painfully bright.



**Schedule an appointment with an eye care professional if you experience any of these "red flags."**

Screen fatigue should be temporary and reversible. Persistent symptoms require evaluation.

# Daily Screen Fatigue Checklist

Small habits, significant relief. Protect your vision every day.



## The 20-20-20 Rule

Look 20 feet away for 20 seconds every 20 minutes.



## Full & Frequent Blinking

Ensure eyelids fully touch to refresh the tear film.



## Optimal Screen Distance

Keep your monitor about an arm's length away.



## Lighting & Brightness Balance

Match screen brightness to room light.



## Scheduled Reset Breaks

Take a dedicated 5-minute break daily for relaxation.