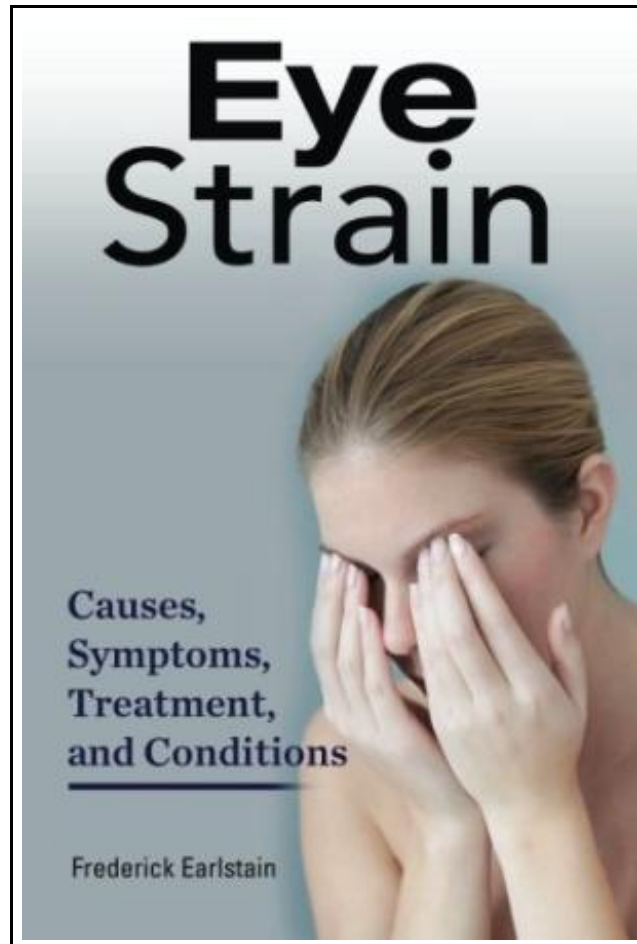


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(Johanna Roberts)

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NRB Publishing, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In the digital age, with our ever-present smartphones, tablets, game consoles, laptops, desktop computers, and even smart television sets, eye strain - or computer vision syndrome - is more common than ever. Experts tell us that it only takes 2 hours looking at a screen of any kind to put ourselves at risk for eye strain, yet that minimal amount of time is just a drop in a veritable bucket of every day, 21st century screen time. Thankfully, eye strain is not a serious condition, nor is it unavoidable. By taking the time to learn more about the anatomy of the eye, how the structure processes light, and what happens to create eye strain, we can easily manage and overcome its negative effects. With simple, actionable advice to control work space lighting, maintain screens for optimal viewing, and even simply blinking more times an hour, this guide to coping with eye strain can help you work more efficiently while protecting the health of your eyes. Don't fall prey to the myths that abound about what and what does not wear out your eyes. If your mother told you that sitting too close to the screen was bad for you, she was actually wrong. What can be bad for you, however, is failing to realize when your eyes need a break or actual correction to function at their optimal level. The first step toward managing eye strain is to seek a comprehensive eye exam from a qualified physician who can determine if there are any underlying conditions affecting your vision. Once you have a clean bill of health, and potentially a new prescription for eyeglasses, the rest is in your hands! Written...



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