CVS (Computer Vision Syndrome)

What is Computer Vision Syndrome (CVS)?

Computer Vision Syndrome (CVS) is the general term used to describe a variety of vision related symptoms that may be aggravated by regular use of a computer for two or more hours a day.
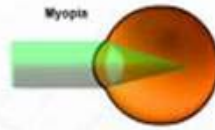
What are the symptoms of CVS?

Double vision

Temporary nearsightedness

Dry eye

Photophobia: decreased tolerance to light

Headaches

Eye strain

Redness and Watering of eyes

Neck and back aches

What causes these symptoms?

- Characters (pixels) on computer screen do not have well defined edges. They are brightest at the center and diminish in intensity towards the edges.
- This makes it very difficult for eyes to maintain focus.
- Extensive focusing does not give much opportunity to the eye muscles to move and this leads to eye strain, burning, tired – eyes feeling.

Other factors which cause CVS

- Computer users have a very fixed posture.
- Constant gazing at a near distance at the monitor (which leads to convergence fatigue).
- The upper body remains fixed for very long period of time.
- The eye muscles do not get much opportunity to move.
- Uncorrected visual defects

Lack of image clarity

Glare from reflections and lights

The primary source of glare on computer screens is overhead office lights or direct light coming through windows and bouncing off computer screens

Infrequent blinking

- Normally a person blinks 15 times/min, but while working on a computer, the blink rate comes down to 5 times /min because of continuous staring at the screen.
- Blinking is critically important for spreading of tears to form an even film on the eye surface and also in refreshing this tear film.
- Thus in the absence of adequate blinking, eyes become dry and irritated.

How can a person find out whether he is at a risk for CVS?

According to AOA (American Optometric Association), anyone who exceeds two hours of computer use a day is at a risk for CVS.

What can be done to minimize CVS?

- To begin, anyone who suspects CVS, should have a

Thorough eye exam by an ophthalmologist.

- Apart from this, a few additional steps can help reduce CVS

Blink more often

Computer users should make a conscious effort to blink more often:

- They should try out the suggested formula
  ### 20: 20: 20
- **Every 20 mins: for 20 seconds: blink 20 times**

OR

BLINK EVERYTIME U HIT THE ''ENTER'' KEY OR MOUSE CLICK

Adjusting height of the seat

Adjust the height of the desk or chair so that the middle of the computer screen is about 20 degrees below eye level.

Screen distance

The screen should be at a distance of 16-30 inches from the eyes

Avoid air drafts

Also avoid sitting in front of an airconditioner facing its air draft while working on a computer.

Reduce glare

- Direct the overhead lights away from computer screens
- Position your monitor so that all windows are to the side rather than to the back or front.
- Adjust window blinds so that sunlight is away from screen and your eyes.

Install an anti-glare optically coated glass filter on the computer screen

Take breaks

Computer users can reduce fatigue by taking breaks from work and can benefit from taking a five minutes break for every 30 minutes of work.

Use lubricating eye drops

- Lubricating eye drops are meant to provide moisturizing relief to your eyes, which have become dry and irritated by working for long hours on the computer.
- Lubricating eye drops help in soothing the eyes and relieving irritation, redness & the eyestrain.
- Lubricating eye drops can be used as often as you want, especially the newer ones, which are safe to the eye enabling their frequent use.

TAKE CARE OF YOUR EYES

Happy Computing!