

Computers & vision

Questions

Will computers damage my eyes?

This is a common myth, and there is no evidence that using a computer can cause damage to the eyes. While there are theories that excessive close work and eyestrain in children can increase the risk of being short-sighted, the symptoms of computer vision syndrome are temporary and can be treated by visiting your optometrist for an eye examination.

Will wearing glasses when using the computer help?

Prescription glasses are used to correct an underlying vision or focusing problem. Your optometrist will examine your eyes and inform you if you need prescription glasses for computer use.

How far away from the screen should I be?

Sitting at a distance of about one arm's length from the screen will provide the most comfortable viewing distance.

What is computer vision syndrome?

Computer vision syndrome is the name for a group of eye and vision symptoms that might be experienced as a result of viewing a computer screen.

What are the symptoms of computer vision syndrome?

More than 50 per cent of computer users will experience discomfort and vision problems when using a computer for long periods. The common symptoms include eyestrain, blurred vision, dry and irritated eyes, headaches and general discomfort when viewing the screen.

These can be caused by an uncorrected vision problem, improper viewing distances, poor posture, or environmental factors such as poor lighting and glare from the screen.

Small levels of short-sightedness, long-sightedness or astigmatism can often cause problems if uncorrected.

What causes computer vision syndrome?

For most of us, our eyes prefer to focus further than six metres away, so viewing a computer screen forces our eyes to work harder. Viewing a computer screen is also different from reading from a printed page. Often the type we are viewing is not as clear and perhaps there is glare reflecting off the screen or we are spending many hours at our desks. The combination of all these unique characteristics and our eyes having to work harder can often lead to difficulty.

Who gets computer vision syndrome?

Anyone who uses a computer, tablet or hand-held device may experience the symptoms of computer vision syndrome. If you view a screen for excessive periods without regular breaks or have an underlying vision problem, you are most likely to experience eye and vision symptoms when using the computer.

How can my optometrist help?

To help you see clearly, your optometrist may suggest eye drops, regular breaks or prescription glasses if you have an underlying vision problem. Glasses are used to correct vision but also make a fashion statement, and come in a large range of shapes, sizes and colours. Make an appointment today to speak to your optometrist.

For more information and help to select the treatments that meet all your eye care and lifestyle needs, ask your optometrist or visit goodvisionforlife.com.au



Your optometrist