Preventing Visual Discomfort

Working from home can present challenges from uneven lighting, reflections, glare, and prolonged staring at a monitor. Here are some suggestions to reduce visual discomfort.

Control Your Lighting

Windows, glass doors and overhead lighting can create issues while working on your computer. Use the suggestions below to control light sources.

- Decrease brightness by turning off lights or using dimmer switches. This includes the brightness of your monitor or laptop screen.
- Avoid sitting where overhead lights are directly above or in front of you.
- Adjust curtains, partitions, and shades to reduce light from windows/glass doors and other light sources.
- Whenever possible, use indirect lighting sources (e.g. floor lamps or wall sconces).

Reduce Glare

Glare results from sunlight or other sources of light shining directly into your eyes and can cause discomfort. Use the suggestions below to reduce glare.

- Sit perpendicular and a few feet away from windows.
- Reposition your desk and laptop/monitor to eliminate reflections from windows, glass doors and ceiling fixtures.
- Use below eye level directed light sources such as a desk lamp. Face the lamp toward the wall or directly above your source documents.
- Consider wearing a visor/baseball cap to shield your eyes.

Reposition and Adjust Your Screen Settings

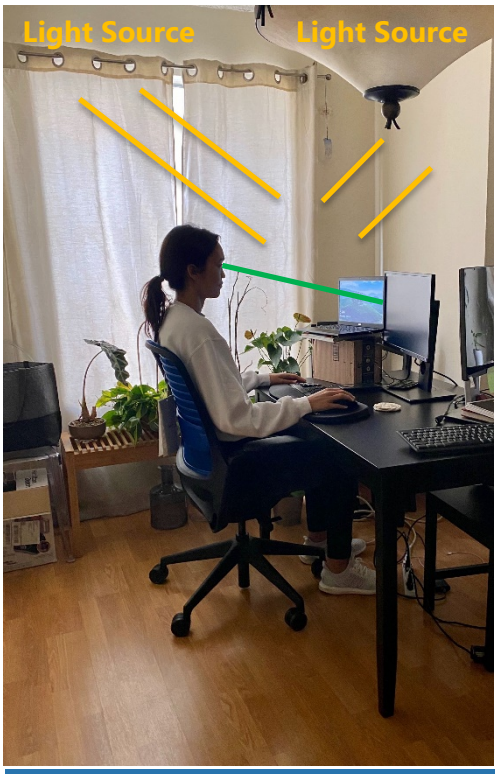
- Position the laptop/monitor in front of you with the top third of the screen at eye level or slightly below. You should be able to look at your screen without tilting your head up or down or to the side.
- The closer an object, the harder your eyes work to focus. Place the screen as far away as possible, provided you can read it easily. Adjust text size 2-3 times the size of the smallest text you can read to reduce eyestrain.
- Adjust the brightness by going into settings. Adjust and toggle night light or night features to automatically reduce brightness.

Other Considerations

- When using a laptop try to use an external keyboard and mouse. This will make it easier to position the laptop at the correct viewing height and distance while allow you to also place the keyboard and mouse close enough to type comfortably.
- Avoid using a large TV as a computer monitor. TV's are made for viewing at a distance. As such their settings are brighter and may have lower pixel density that will make text appear out fuzzy or out focus. You can convert a TV to be a monitor however we recommend you change the settings, use digital interface adapters, and make other changes specific to your TV.

BLINK & MOVE!

- ✓ Eyestrain can result from dry eyes. Blinking helps lubricate your eyes.
- ✓ Get up and move. This will help your eyes re-fresh after staring at the monitor.
- ✓ Follow the "20-20-20 rule". Every 20 minutes, look 20 feet away for 20 seconds to rest your eyes.



Sit perpendicular to light source