



Digital Eye Strain

WHAT IS DIGITAL EYE STRAIN?

As our daily lives become more digital, we spend more time on computers, tablets, smartphones, and TVs. Spending lots of time on screens can tire out your eyes. This is called digital eye strain and it happens **when you focus on screens and close-up tasks for too long without breaks.**

Symptoms

Many people experience symptoms without realizing they're caused by digital eye strain.

- + Headaches.
- + Eye strain/tired eyes.
- + Blurred vision.
- + Eye irritation.
- + Double vision.
- + Excessive tearing or dry eyes.
- + Stinging or burning eyes.
- + Excessive blinking.



Prevention

Everyone's eyes and screen habits are different, but these tips can help:

- + Position your screen an arm's length away and slightly below eye level.
- + Match room lighting to your screen brightness and avoid working in the dark.
- + Reduce glare with dimmer lights and anti-reflective lenses.
- + 20-20-20 rule: every 20 minutes, look 20 feet away for 20 seconds.
- + Blink fully and often to prevent dry eyes — use eye drops if needed.

Treatment

An optometrist can recommend personalized solutions based on your digital device habits.

- + Computer glasses may help to reduce eye fatigue and discomfort.
- + Regular eye exams help detect symptoms early and allow for simple, effective changes.
- + An optometrist can determine whether symptoms are due to digital eye strain or a more serious condition.

DID YOU KNOW?

The Alberta Health Care Insurance Plan (AHCIP) provides partial coverage towards annual eye exams for children 0-18 years old and for seniors 65 years and older.¹



For information about many other common eye-related conditions, visit our website.
[optometrists.ab.ca](https://www.optometrists.ab.ca)

¹Optometrists can charge for insured services that the optometrist deems exceeds the AHCIP benefit and Albertans are responsible for additional costs incurred at the time of treatment. Practitioners are required to discuss fees with their patients before providing the service.