

Digital eye strain.

Know the signs,
help your eyes.

Symptoms ●

Dry eyes. ●

Tired eyes. ●

Blurred vision. ●

Headaches, neck and
shoulder tension. ●

● Try the 20-20-20 rule.

Every 20 minutes, look 20 feet
(around 6 m) away for 20 seconds.

● Remember to blink.

This sustains natural eye moisture.

● Position screen properly:

an arm's length (30 inches) away,
with its top just below eye level.

● Mind your posture.

Relaxed shoulders, straight back,
and feet flat on the floor.

● Good habits

Proper vision correction is key for resolving digital eye strain. Talk to an optician about solutions aligned with your lifestyle.

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Seeing beyond