



Take Care Of Your Eyes With These Great Tips!

Everyone is born with two eyes. Most people use their eyes each day to see, so it is important that they continue to function properly. As you get older, it is even more important to make sure that your eyes are taken care of. Here are a few things you can do to care for your eyes.

Avoid touching your eyes with your hand during the day if you had not washed your hands. When you are on the job or in school, your hands are in contact with surfaces that are full of bacteria. If you touch your eyes, you will transfer the bacteria to your eyes and raise the risk of an eye infection.

When your eyes are focused on detailed work, remind yourself to look up every ten minutes. Your eyes need to be rested from the intense focus that you are subjecting them to. If you lift your eyes and look out into the distance for about a minute, you relax your eye muscles.

Keep your eyes protected from the sun. You should wear quality sunglasses to protect them from UV rays. If your eyes are frequently exposed to UVB rays, your risks for macular degeneration and cataracts increase. Try picking a pair of sunglasses that block between 99 and 100 percent of UVB and UVA rays.

What you eat is very important to the health of your eyes. A diet that is rich in vitamin A and omega-3 fatty acids are helpful to good eyesight. Many vegetables like carrots and broccoli are rich in vitamin A. Fish and nuts can provide you with the omega-3 that you need.

Eat foods that are known to promote good eye health. This includes a variety of leafy green vegetables, such as collards, kale and spinach. Citrus fruits provide vitamin C, which can help to maintain your eyesight. In addition, protein sources such as beans, eggs, and lentils can prove beneficial to your eyes.

Wear protective eye gear. Sunglasses are great when it comes to protecting your eyes from the sun, but when you're on the job and need to protect your eyes from sawdust, debris, or sand make sure you wear tougher eye gear than just a pair of goggles. Goggles are a must-have for anyone working in these kinds of environments.

If you wear contacts, you must follow your eye doctor's instruction carefully. If your eyes feel irritated when you put them on, that can mean that your contact lenses are damaged. Another reason could be an eye problem that is beginning to form. See your eyecare professional right away to prevent a more serious problem.

If you are planning on staying outside for a long period of time, wear a baseball hat or visor. This can prevent the sun's harmful rays from impacting your eyes and can reduce any irritation that you feel. Additionally, [home visit opticians](#) will become less dry if you block the sun from entering in.

If you blink a lot you might have an eye problem. If it doesn't turn out to be dry eyes, then it could be due to nervousness and stress. If this happens, try to relax. If you do not think it's a tic, talk to an ophthalmologist.

Wear good sunglasses. Sunglasses ward of the sun's UV rays. Look for a pair that prevents 100 percent of UVA and UVB rays. You might need to be using polarized lenses if you're someone who drives quite often. These will help diminish glare. Lastly, even if you are a contact lens wearer who gets some protection from your lenses, wearing sunglasses is still a good idea.

When you are reading, make sure that you have adequate lighting. Reading in low light can cause your eyes to strain unnecessarily. This can lead to eye discomfort and potential problems. Read by a window that provides bright light, or turn on more lights indoors when you are reading at night.

After reading this article, you now have the knowledge you need to better care for your eyes. Make sure that you use the tips above to help you to start thinking about what you can do for your eyes. Try each of the tips to see which ones work best for you and your eyes.