



Digital Eye Strain: How Screen Time Affects Eye Health

Living in a digital world means more screen time than ever before. From work emails to social media, most of us spend hours each day staring at a screen. But what we often don't realize is the strain this places on our eyes, [leading to dry eye syndrome](#), a condition that's becoming increasingly common.



When we focus on screens for extended periods, we tend to blink less, and blinking is crucial for [keeping our eyes hydrated](#). Every blink spreads a thin layer of tears across the surface of the eye, maintaining comfort and preventing dryness. Without enough blinks, our tear film evaporates faster, resulting in irritation, redness, and even blurred vision. If you've ever felt [your eyes burning](#) after hours of scrolling or watching, you've likely experienced this firsthand. To reduce dry eye symptoms, it's important to take breaks. Use the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. This will give your eyes much-needed relief. Artificial tears and adjusting the brightness of your screen are also helpful in combating dryness and discomfort.

By making these simple adjustments in your daily routine, you can reduce the strain that screen time puts on your eyes and maintain optimal eye health. Don't let the digital age affect your vision — [take proactive steps](#) to protect your eyes!