



# 6 Tips for Eye Health and Maintaining Good Eyesight

Regular visits to [opticians in Sri Lanka](#) have revealed a concerning trend: many people only seek eye care when problems arise. However, maintaining healthy vision requires proactive care and consistent attention to daily habits. Here are six essential tips to help preserve your eyesight and promote long-term eye health.



## **1. Schedule Regular Eye Examinations**

Make [eye testing in Sri Lanka](#) a priority by scheduling comprehensive eye exams at least once every two years. Regular check-ups can detect early signs of eye conditions like glaucoma, cataracts, and macular degeneration before they become serious problems.

## **2. Protect Your Eyes from Digital Strain**

In today's digital age, screen time is inevitable. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds. Adjust screen brightness and position to reduce glare and maintain proper viewing distance.

## **3. Maintain a Vision-Friendly Diet**

Incorporate foods rich in vitamins A, C, E, and omega-3 fatty acids. Dark leafy greens, fish, nuts, and colourful fruits and vegetables support eye health. The quality of [eye care in Sri Lanka](#) has improved significantly, with professionals emphasising the importance of nutrition in vision maintenance.

#### **4. Use Proper Eye Protection**

Whether you are outdoors or working with hazardous materials, wear appropriate eye protection. UV-blocking sunglasses shield your eyes from harmful rays, while safety goggles prevent injuries during risky activities.

#### **5. Practice Good Contact Lens Hygiene**

For those who rely on [contact lenses in Sri Lanka](#), proper hygiene is crucial. Always wash your hands before handling lenses, clean them properly, replace them as scheduled, and never sleep with them unless specifically designed for overnight wear.

#### **6. Stay Active and Maintain Overall Health**

Regular exercise improves blood circulation, including to your eyes. Additionally, managing conditions like diabetes and hypertension is crucial for eye health. Stop smoking, as it increases the risk of various eye diseases and can accelerate vision problems.

Remember, your eyes are irreplaceable assets that deserve the best care possible. By following these tips and maintaining regular check-ups with eye care professionals, you can help ensure clear vision for years to come. Do not wait for problems to develop – take proactive steps today to protect your eyesight.