

Dear friends

Prolonged and indiscriminate use of computer cause relative dry and tiered eyes. Here are some tips which can make your life easier---

- **Keep the contrast and brightness of your monitor to dull say 50%**
- **Keep the monitor below eye level.**
- **Keep it away from you**
- **Intermittent viewing :Keep looking away from your monitor**
- **Keep blinking: actively one should blink 10 times in morning and evening**
- **Divide your computer session.**
- **Keep the room lights on**
- **Gently one can compress eyes with “tap- cold” water soaked towels.**

Hopefully these tips will make your eyes more comfortable.

These tips are an adjunct to the treatment prescribed by your eye doctor.

In good faith

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