

# Parents' Guide to Screen Time

## Three Steps to Screen Time Success



YOUNGWOOD  
EYE CARE

# Step One: Avoid Increasing Nearsightedness

## Ideal Workstation Settings

Position monitor 18 - 24 inches away. Lower monitor or raise chair so eyes are looking slightly downward. (10 - 15 degrees) Tilt monitor upward. (Bottom of monitor toward and top away from you.



## Ideal Monitor Settings

Font size 11 pt or larger.

Set font to 100 - 125%.

Use a traditional font - not cursive.

Lighting should come from behind or overhead and not directly in your face.

Utilize a glare guard to reduce reflections.

Adjust screen brightness and color.



## Take regular breaks.

Every 20 minutes, look at something at least 20 feet away for at least 20 seconds.

Reset your focus to a distance object to relax the strain on your vision.

# Step Two: Avoid Sleep Disruption



## Block blue light.

Blue light is present in sunlight. Its presence tells your body that it is daytime. It also helps you stay awake by releasing the hormone serotonin. Digital devices also emit blue light, which is fine in the morning but can disrupt sleep if you are exposed to too much blue light in the evenings.

Blue light naturally recedes after sunset, and this causes melatonin to be released to prepare your body for sleep. Studies have shown that blue light emitted from digital devices can disrupt sleep patterns.

If you or your child(ren) use digital devices within an hour of bedtime, consider wearing a pair of blue light blocking glasses.

## Change your screen settings.

The blue light emitted from digital devices is associated with more eye strain than orange or red hues. Changing the color displayed by your monitor will lower the amount of blue light emitted, and this will reduce the amount of eye strain. Download the app that will automatically adjust your screen to the time of day for you - F.lux ([justgetflux.com](http://justgetflux.com)) makes the color of your display adapt to the time of day - warmer light at night and like sunlight during the day.

## Adjust your lighting.

Room or task lighting should come from behind or overhead, not directly at your face. Use a glare guard to reduce reflections which may cause eye strain.

# Step Three: Avoid Chronic Dry Eye

## Blink on purpose.

When you blink, the glands in your eyelids release oils which coat the front of the eye. Blinking at regular intervals maintains the health of the eye and provides clear vision.

When using digital devices, you blink less often and are more likely not to fully close your eyelids. Chronic use of digital devices can cause the oil glands in your lids to atrophy over time. Performing blinking exercises can help your glands stay healthy without giving up your digital devices.

Consciously make an effort to blink while using a digital device. Every time you take a break, do some blinking exercises.

## Blinking Exercise Sequence:

Close your eyes - squeeze your eyes closed - then relax the squeeze while keeping your eyes closed. Open your eyes and repeat the sequence five times in a row.



## Ensure glasses are for computer use.

Schedule an eye exam. Be sure to measure the distance from the eyes to the monitor before the appointment. You may want to purchase a pair of glasses specifically for computer use. For best results, your gaze should be directed straight ahead or downward when focused on the screen. **Remember, your vision is priceless. Without it, there would be no screen time.**