

6 WAYS

to protect your eyes while using smartphones



Handheld devices have become an essential part of our daily lives. While we often spend hours on our smartphones for professional or entertainment purposes, it takes a toll on our eyes.

Here are 6 ways to reduce pressure on your eyes while using smartphones:

Blink your eyes frequently

Your eyes stay moist and are less likely to get dry or irritated when blinking frequently over time. As we gaze adoringly at our precious smartphone screens, we tend to blink around a third less than we normally would, depriving our eyes of necessary fluids for protection. You should be fine if you keep your eyes moist by blinking approximately ten times every 20 minutes.

Frequent blinking can also help to reduce eye strain and fatigue that can be caused by prolonged screen time. If you're using a smartphone or other digital device for an extended period, try to take regular breaks and blink more often to help prevent dryness and strain. Additionally, it's a good idea to adjust the brightness and contrast of your device to reduce glare and make it easier on your eyes.

Use Dark Mode

The latest smartphones come with Night Mode capabilities that make it simple to automatically lessen eye strain at night. When the Night Mode is enabled, your phone will automatically change the screen settings to reflect the time of day.

Blue light is a type of light emitted by digital screens, which can interfere with your sleep cycle and cause eye strain. Dark mode reduces the amount of blue light emitted by your screen, which can help to reduce eye strain and promote better sleep. In dark mode, the text and other content on your screen appear white or light-colored against a dark background. This creates a higher contrast ratio than the traditional white background, which can make it easier to read and reduce eye strain.

Follow the 20-20-20 Rule

You've probably heard of the 20-20-20 rule. The idea is to stare at something 20 feet away for 20 seconds every 20 minutes to break up your screen time. Your eye muscles will relax as a result, giving you more time to think about what you'll have

for dinner later in the day.

The 20-20-20 rule helps to reduce the strain on the ciliary muscle in your eyes, which is responsible for focusing on near objects. When you stare at a digital screen for extended periods, this muscle can become fatigued, leading to eye strain and discomfort.

Adjust the brightness

Your eyes can strain from looking at a screen that is too bright or too dark, which can make it difficult to stay focused. To avoid this, simply go to your smartphone's settings and change the screen brightness, so that it is roughly equal to the light intensity in your surroundings.

When the brightness on your smartphone is set too high, it can cause glare and reflections on the screen, leading to eye strain and fatigue. By adjusting the brightness to a comfortable level, you can reduce glare and make it easier on your eyes. By reducing the brightness, you can help to extend the battery life of your device and reduce the need for frequent charging.

Reduce font size and contrast

Changing the text's contrast and size on your smartphone brings about some much-needed respite on a hectic day. It makes reading web content, emails, calendar entries, and everything else on your smartphone much simpler.

It's important to note that reducing the font size too much can also cause eye strain and fatigue, as the text may become too small and difficult to read. It's important to find a font size that is comfortable for you and adjust it as needed to reduce eye strain and fatigue while still being able to read comfortably.

Set time limits

When using a smartphone, it's easy to lose track of time, but you may set time limitations for yourself as a reminder to put your phone down. Integrated or third-party apps can be used to set alarms or timers on your smartphone to keep you on track.

When you set a time limit, you are more likely to be aware of how much time you are spending on your smartphone and to limit your usage accordingly. This can help to reduce overall screen time and prevent the negative effects of excessive screen time, such as eye strain, neck and back pain, and sleep disturbances.

Following these simple habits can go a long way to maintaining your eyesight for the years to come.