Weill Cornell Medicine

The Pandemic Effect:
Computer Vision Syndrome

If your eyes are feeling the strain of too much screen time, you're not alone.

Vision issues have been reported as on the rise during the COVID-19 pandemic.*

60%

60% of respondents in a July 2020 poll **reported eye strain.***

*Alcon/IPSOS Poll

SCREEN-TIME EYE STRAIN **+** **LOWER BLINK RATE** **=** **COMPUTER VISION SYNDROME**

13+
hours average daily screen time

8–10 vs 18
8–10 blinks per minute
vs. a normal blink rate of 18 per minute

SYMPTOMS

- Blurry or fluctuating vision
- Burning
- Dry eye
- Excessive tearing
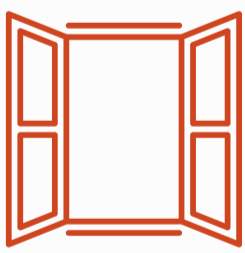- Eye redness
- Foreign body sensation/grittiness
- Headaches
- Pain around or behind the eyes

20-20-20-20 RULE FOR RELIEF

Every **20 minutes** of screen time:

focus on something **20 feet** away

for **20 seconds** or more

then close your eyes for **20 seconds**

GOOD NIGHT, BLUE LIGHT

"Blue light from screens is kind of stimulating and blocks melatonin. **We recommend avoiding blue light close to bedtime**. If you have to be on the computer then, you can use special blue light-blocking glasses if you have them or your device's night shift mode to block the blue pixels on your screen."

—Christopher Starr, MD, Associate Attending Ophthalmologist at NewYork-Presbyterian/Weill Cornell Medicine

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