

VitaMin



Vital health information in a minute

Unplug from the dangers of technology

Did you know that too much screen time can hurt your health? Nearly 60% of Americans use digital devices for five or more hours per day, and 70% of Americans use two or more devices at one time.¹

It can all add up to trouble for your health. From eyestrain and headaches to a stiff neck and sore thumbs, technology can take a toll on your body. Here are a few tips to avoid letting your gadgets get the best of you.

Desktop or laptop computer

Hunching over a computer monitor for extended periods can result in eye and vision problems, like eyestrain, blurred vision and dry eyes. It can also cause headaches, and neck and shoulder pain.

What to do?

- 1. Set up your workstation properly.** Adjust your chair, monitor and keyboard for your height and optimal viewing distance.
- 2. Reduce glare.** Adjust your monitor to avoid glare from windows or overhead lighting.
- 3. Practice good posture.** Don't hunch your shoulders or cradle a phone in your neck while typing.
- 4. Take regular breaks.** Try the 20-20-20 rule. Take a 20-second break every 20 minutes to focus your eyes on an object at least 20 feet away.

Smartphone or tablet

Frequent use can lead to throbbing hand, finger and thumb pain. It can also cause text neck, an injury that's caused by constantly looking down at your device.

Source:

1. The Vision Council. "Digital Eye Strain Report 2016." <http://www.thevisioncouncil.org/digital-eye-strain-report-2016> (last reviewed/updated January 6, 2016).

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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