



Digital Eye Strain. Its a Ocular Disorder

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Digital eye strain is a group of eye problem. gadgets, mobile can digital eye strain. Digital eye strain children and adult.

Eye strain is a common condition caused by intense use of your eyes, such as by reading, using digital devices, long distances. Other names for eye strain are eye fatigue and asthenopia.

Causes

Digital device is often harder for the eyes than reading printed text. This is why working on a computer for a few hours may cause symptoms of digital eye strain, but reading a book may not.

- Tired eyes, irritated eyes, blurred vision
- Screen glare
- Poor lighting
- Poor posture while using a computer
- Viewing a computer screen at put on the proper position and angle uncorrected vision problems.

Type

- Temporary
- Long lasting

Symptoms

- Watery Eyes
- Dry eye
- Blurred vision
- Burning
- Itching
- Difficulty keep your eyes open
- Headache
- Back ache
- Foreign body sensation

The idea that the blue light emitted by digital devices is causing eye strain has led to an increase in popularity of blue light blocking glasses. It is true that overuse of digital devices may lead to eye strain. But according to the American Academy of Ophthalmology, blue light from digital devices does not cause eye strain and does not lead to eye disease.

- How to reduce digital eye strain
- 20-20-20 rule
- Artificial tear
- Avoid direct air conditioner flow not use and
- Adjust your screen light

Digital eye strain has been an emerging health care problem in recent times.

Online education and work from home have become the new norms since the beginning of the COVID-19 pandemic.

DES symptoms can be broadly divided into ocular surface-related symptoms Accommodation-related symptoms include blurred near or distance vision after computer use and difficulty refocusing from one distance to another.