

National Eye Health Week Monday 21st Sept – Sunday 27th Sept

This year's National Eye Health Week (NEHW) will take place from 21 to 27 September 2020, promoting the importance of good eye health and the need for regular eye tests for all.

Vision really matters. Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes – National Eye Health Week aims to change all that!

Did you know?

- 2 million people in the UK are living with sight loss that is severe enough to have a significant impact on their daily lives. Half of this sight loss is avoidable.
- A sight test can detect early signs of conditions like glaucoma, which can be treated if found soon enough
- During a sight test, other health conditions such as diabetes or high blood pressure may be detected.
- For healthy eyes, eat well, don't smoke and wear eye protection in bright sunlight.

BE SCREEN SMART

Follow the 20-20-20 rule to prevent your eyes feeling tired and irritated when using your computer, device or mobile phone. Look up from your screen every 20 minutes and focus on something 20 feet away for 20 seconds

We're now spending more time glued to our screens than sleeping so it's probably no surprise that 90 per cent of computer users say they suffer from screen fatigue – headaches, sore or tired eyes and problems with close-up and long-distance vision.

By being Screen Smart you can help minimise your risk of suffering visual distress and keep your eyes feeling fresh and bright.

Here are our quick tips to help minimise screen fatigue:

Wear your specs – If you have been prescribed eyewear for screen (VDU) use, make sure you wear it.

Take frequent breaks – give your eyes a rest by following the 20-20-20 rule. Look away from your screen every 20 minutes, for 20 seconds and focus on objects 20 feet away!

Create an eye-friendly environment – position copy documents at roughly the same distance as your eyes are from the screen to avoid having to continually refocus, and minimise any glare or reflections.

Customise your screen settings – position your monitor an arm's length away and keep your eyes level with the top of the screen.

Select a font size of 12pts or above and make sure you have a clean screen.

Keep blinking! – Your blink rate can fall by up to 60 per cent when working at a screen.

For an instant refresh try closing your eyes and rolling your eyeball around behind the closed lid.

Stay hydrated – dehydration can increase symptoms of screen fatigue so remember to drink plenty of water.

And finally, make sure you have regular sight tests – once every two years unless your optometrist advises otherwise.