



The Eye Comfort Guide: 7 Simple Habits to End Digital Eye Strain



Presented by E-Robles Optical Clinic

Tip 1: Follow the 20-20- 20 Rule

Every 20 minutes, look at something 20 feet away for 20 seconds to relax your eye muscles.



Tip 2: Optimize Your Lighting

Avoid harsh overhead lights or total darkness. Ensure your room is brightly lit with the light source away from the screen.



Tip 3: The "Arm's Length" Rule

Position your monitor about 25 inches away. The center of the screen should be 10-15 degrees below eye level.



Tip 4: Adjust Screen Settings



Increase contrast and font size to avoid squinting. Use "Night Mode" or blue-light filters in the evening.

Tip 5: Remember to Blink

We blink 60% less at screens!
Make a conscious effort to blink often
to keep your eyes moist.



Tip 6: Stay Hydrated

Eye dryness is often a sign of dehydration.
Drink plenty of water to keep your vision—
and body—at its best.



Tip 7: Get a Professional Check-up

Sometimes strain is a sign of a changing prescription.

A regular exam is the only way to ensure total vision health.



Celebrating 25 Years of Trusted Care

For over 25 years, E-Robles Optical Clinic has been a cornerstone of eye health for the community of Roxas and our neighboring towns. We combine decades of experience with advanced diagnostic technology to provide world-class care with a personalized, hometown touch. Our mission remains unchanged since we first opened: to safeguard your sight through comprehensive exams and quality eyewear tailored to your life. At E-Robles, your vision is our legacy.



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