



Digital Eye Strain during Pandemic Covid-19

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As we went through high exposure to digital screen during pandemic of Covid 19 and almost every person faced ocular discomfort. Disturbance and discomfort related to the use of digital devices which affect ocular system and results from glare, accommodation disorders, fixation disparity, dryness, fatigue is termed as digital eye strain [1]. There are two types of eye strain. In internal type sensations of strain and pain is felt inside the eye and caused by accommodative and convergence disorders while in an external type dryness and irritation is felt on the front of the eye and caused by changes environmental conditions [2]. Blurred vision, tearing, tired eyes, burning sensation, redness and double vision are common ocular symptoms and stiff neck, general fatigue, headache and backache are non-ocular symptoms associated with eye strain [3-5]. Studies around the world showed that increased use of digital devices correlates with increased symptoms of digital eye strain [6].

We can get rid of this digital eye strain by ergonomics practices which include the proper lighting, digital device positioning, adjusting image parameters (resolution, text size, contrast, luminance) and taking breaks as suggested by many studies globally [8-10].

Literature recommends to apply 20/20/20 strategy which means to take 20 seconds break by looking at 20 feet after every 20 minutes of work which will help to reduce the symptoms of ocular strain [11,12].

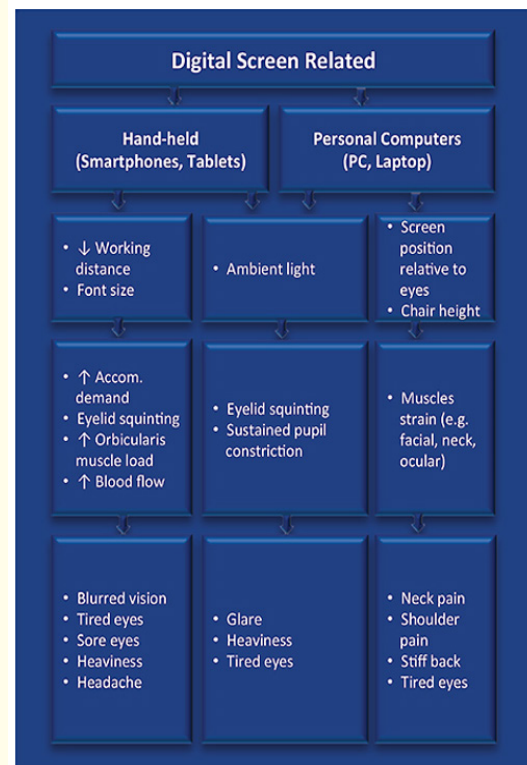


Figure 1: Digital screen-related digital eye strain symptomatology [7].

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