

Mayo Clinic Minute: How staring at screens can affect your vision

VIDEO	AUDIO
Jason	If you stare at a computer monitor or cellphone too long and then experience temporary blurry vision, it's likely because the moisture layer on the front surface of your eye is getting dry.
Muriel Schornack, O.D. Optometry Mayo Clinic 02:26	"If that tear film is not smooth and even, and of the right quality and quantity, vision does tend to be compromised. So, people may notice that they have clear vision one moment, they blink, and it gets blurred. They blink again, and it gets clear."
Jason	Blinking spreads important tears over the front surface of the eye.
Dr. Schornack 02:46	"Whenever we're doing anything that requires distinct attention to visual detail, our blink rate goes down."
Jason	Instead of a normal blink rate of every five to seven seconds, you might only blink every 15 to 20 seconds when looking at a screen.
Dr. Schornack 22:55	"Blinking is huge. It's hugely important. It can go a long way toward keeping us more comfortable. It's obviously inexpensive, and it's readily available."
Jason	Next time you find yourself staring at a screen, try the 20-20-20 rule.
Dr. Schornack 23:43	"Every 20 minutes, look at something 20 feet away, blink 20 times for 20 seconds."
Jason	Using over-the-counter eye drops periodically throughout the day also can help.
Jason	For the Mayo Clinic News Network, I'm Jason Howland.