

## Visual Hygiene

The way you use your vision affects your visual comfort and performance. Here are some tips.

- Wear your stress relieving lenses during your
- Do all near point activity at the Harmon distance. The Harmon distance is the distance from the center of the middle knuckle to the center of the elbow measured on the outside of the arm. Your Harmon distance is \_\_\_ inches.
- Be AWARE of the room around you while reading. Also be aware of the space between you and your book. Can you be aware of your hands, the lamp on the desk and the picture on the wall? Practice the same awareness while walking in the house and outdoors.
- When reading or working at the computer, occasionally look off at a specific distant object and ALLOW its details to come into focus. Maintain awareness of other objects and details that surround them. Do this at the end of each page or after 5 minutes of computer work.
- When studying, place a bookmark 3 to 4 pages ahead. Get up and move around, get a drink. After a minute or so, get back to work. Replace the bookmark. If you are on the computer, do this after every 20 minutes. Another option is to do some “chair” calisthenics.
- Avoid reading on your stomach on the bed or floor. Keep your head and shoulders straight in front of your reading material or your computer. The illumination on the task should be about three times that of the surrounding background. Avoid glare on your computer screen. Sit straight up.
- Tilt the book 20 degrees. You can purchase sloped desks at several area stores. Please ask us.
- Do not sit any closer than 6 to 8 feet from the television. Be sure to sit up straight and maintain good posture. Only watch one 30 minute program at a time.
- When riding in the car or train, avoid reading and other near activity. Encourage looking at sights in the distance for interest and identification.
- Encourage outdoor play or sport activities that require seeing beyond arm’s length. When outdoors, sight a distant object at about eye level. At the same time, be aware of where things are on all side.
- Wear your stress relieving lenses during all near-work activities.**