



## Device Use

Children's screen time recommendations

## Total time per day

- Preschool - up to 1 hour
- 5-7 years - no more than 1-2 hours
- 8-10 years - no more than 2-3 hours
- 11-14 years - no more than 3 hours
- 15-18 years - no more than 4-5 hours

## See your eye doctor if:

- Increased distraction on device
- Abnormal excitability on device
- Irritability on or after device use
- Rubbing eyes
- Eye fatigue after near work
- Headaches after near work



## Our Locations

### Southport

2600 Post Road  
Southport, CT 06890  
(203) 255-4005

### Trumbull

6515 Main Street  
Trumbull, CT 06611  
(203) 374-2020

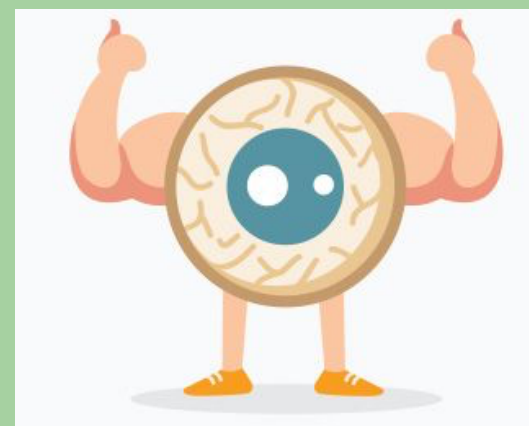
### Norwalk

444 Westport Ave  
Norwalk, CT 06851  
(203) 840-1991

### Stamford

1425 Bedford Street  
Stamford, CT 06905  
(203) 357-0204

Dr. Randy Schulman  
Dr. Jason Grygier  
Dr. Diana Ngo  
Dr. Justin Rapp  
Dr. Steven Shaby  
Dr. Sonia Singh  
Dr. Magy Tepliz

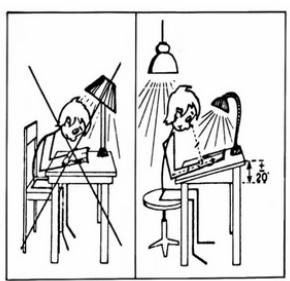


## Guide to Good Visual Hygiene

This guide offers some suggestions on how to improve your visual comfort and performance.

# Posture

- Maintain good posture to avoid/reduce fatigue or strain.
- Keep head straight with no tilt to the left or right.
- Ideally, place reading material at 20 degrees by using a slant board or propped against something.
- Avoid reading laying down, slumped, and/or slouched over.



# Breaks

## 20/20/20 Rule

- For every 20 minutes of near work, look up and 20 feet in front for 20 seconds or more.
- Use break times to get up and move around, hydrate, and rest eyes.
- Taking breaks helps refocus the brain and relieves visual strain.
- Don't forget to blink and breathe!



# Working Distance

- Use the Harmon distance, or further, for near work. This is the distance from the center of your middle knuckle to your elbow.
- For computer use, place monitor used at eye level or lower, not higher, at a longer distance than for reading.
- While working, remain conscious of surroundings



# Leisure Time

- Get up, move around, gaze around the room to help open field of vision and relieve visual stress.
- Do not sit any closer than 6-8 feet from the television.
- When in a car or train, avoid reading and other near activities. Look at sights in the distance. Play travel games like I Spy, the license plate game, etc.
- Encourage and engage in outdoor play or sporting activities that require seeing beyond arms length.

## Breaks for Devices

When to take breaks by age:

- infant and toddler - no device use
- Preschool - every 5 minutes
- School age with large pupils - every 5 minutes
- School age with typical pupils - every 10 minutes
- Adolescent to adult - every 20 minutes

Remember to use the 20/20/20 Rule.

# Lighting

- Have more than one light on in the room to avoid the discomfort of glare either at the desk or computer.
  - Ideally, your work should be 3x more illuminated than your surroundings.
- Place light sources on the opposite side to avoid shadows over writing area (eg. over left shoulder for a right handed person).