

CAN EXCESSIVE SCREEN TIME CAUSE DRY EYES? aa

In today's digital age, it is almost impossible to escape the screens that dominate our lives. Whether it's our smartphones, tablets, computers, or televisions, we find ourselves constantly glued to these devices. While they have undoubtedly made our lives easier and more connected, there can also be some negative effects associated with [excessive screen time](#).

The Growing Concern: Dry Eyes

One common complaint among individuals who spend significant amounts of time in front of screens is dry eyes. This condition, known as Computer Vision Syndrome (CVS) or digital eye strain, is characterized by dryness, redness, irritation, and blurred vision.

Understanding the Mechanism

Excessive screen time can lead to dry eyes due to various factors:

- **Reduced Blink Rate:** When we focus on screens, our blink rate decreases significantly, causing the tears that lubricate and nourish our eyes to evaporate faster.
- **Incomplete Blinking:** Many individuals tend to blink incompletely or not at all while concentrating on screens, which again leads to increased evaporation of tears.
- **Increased Exposition to Blue Light:** Screens emit high-energy visible light, also known as blue light. Prolonged exposure to blue light can disrupt the functioning of the meibomian glands, which are responsible for producing the lipid layer of tears that prevents evaporation.
- **Reduced Contrast:** Screens often lack the contrast and sharpness of printed materials, causing our eyes to strain and work harder, leading to dryness.

The Impact of Screen Time on Tear Production

Research has shown that excessive screen time can negatively impact tear production, further exacerbating dry eye symptoms:

- A study published in the American Journal of Ophthalmology found that individuals who spent more time using screens had significantly lower tear production compared to those who used screens less frequently.
- Another study conducted by the British Journal of Ophthalmology discovered a direct correlation between the duration of screen use and tear film stability.

Preventing and Managing Dry Eyes

Fortunately, there are several steps you can take to prevent and manage dry eyes resulting from excessive screen time:

1. Follow the 20-20-20 Rule



Every 20 minutes, take a 20-second break, and look at something 20 feet away. This helps to relax your eye muscles and reduces the strain caused by continuous screen use.

2. Blink Regularly

