

# Healthy Eyes Checklist

## Simple Micro-Actions for Screen Comfort

### Visual Environment

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- Adjust screen brightness to match room
- Reduce glare from windows and reflective surfaces
- Balance natural and artificial lighting
- Use warmer screen tones after 6 pm

### Body Habits

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- Follow the 20-20-20 rule
- Blink intentionally during breaks
- Use artificial tears if eyes feel dry
- Take a movement break every 30-60 minutes

### Screen and Tech Adjustments

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- Keep screens at eye level and arm's length
- Check font size and screen magnification
- Reduce red tones for cooler display

### Long-Term Eye Health

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- Get a regular eye exam and keep your prescription up to date

Check off your current habits then commit to trying 1-2 new actions to take your eye comfort even further.