

Screen Ergonomics, Blink Exercises & Lubricant Schedule

A Printable 30-Day Digital Eye Care Plan You Can Follow at Home

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Do Your Eyes Feel Tired After Using a Phone or Computer?

Digital Eye Strain (Computer Vision Syndrome) commonly causes dry or burning eyes, blurred vision, headaches, watering, neck pain and eye fatigue after prolonged screen use. This printable guide helps you develop healthier screen habits over 30 days.

Before You Begin

This plan is suitable for office workers, students, IT professionals, teachers, doctors, gamers and anyone spending more than 3–4 hours daily on digital screens. It supports healthy habits but does not replace a comprehensive eye examination.

Ideal Screen Ergonomics

- Screen distance: 50–70 cm (about an arm's length).
- Top of monitor at or slightly below eye level.
- Keep shoulders relaxed and elbows around 90°.
- Feet flat on the floor.
- Reduce glare from windows and lights.
- Match screen brightness to room lighting.
- Increase font size rather than leaning forward.

The 20-20-20 Rule

Every 20 minutes, look at an object at least 20 feet away for 20 seconds. This relaxes the eye's focusing muscles and encourages blinking.

Blink Exercise

Every hour: Close your eyes gently, pause for 2 seconds, open slowly and repeat 10 times. Then keep your eyes gently closed for another 20 seconds.

Lubricating Eye Drops

Artificial tears may help reduce dryness. Use them only if advised by your ophthalmologist. A commonly suggested schedule is one drop in the morning, afternoon and evening, depending on individual needs.

Daily Hydration Goals

Drink enough water, avoid direct airflow from fans or air conditioners onto your face, and remember to blink consciously while working.

When Should You See an Eye Specialist?

- Seek an eye examination if you experience:
- Persistent dryness despite following this plan
 - Blurred vision that does not improve with breaks
 - Eye pain or severe redness
 - Double vision
 - Frequent headaches
 - Light sensitivity
 - Sudden flashes, floaters or vision loss

Printable 30-Day Eye Care Tracker

Day	20-20-20	Blink	Drops	Posture	Completed
1	■	■	■	■	■
2	■	■	■	■	■
3	■	■	■	■	■
4	■	■	■	■	■
5	■	■	■	■	■
6	■	■	■	■	■
7	■	■	■	■	■
8	■	■	■	■	■
9	■	■	■	■	■
10	■	■	■	■	■
11	■	■	■	■	■
12	■	■	■	■	■
13	■	■	■	■	■
14	■	■	■	■	■
15	■	■	■	■	■
16	■	■	■	■	■
17	■	■	■	■	■
18	■	■	■	■	■
19	■	■	■	■	■

20	■	■	■	■	■
21	■	■	■	■	■
22	■	■	■	■	■
23	■	■	■	■	■
24	■	■	■	■	■
25	■	■	■	■	■
26	■	■	■	■	■
27	■	■	■	■	■
28	■	■	■	■	■
29	■	■	■	■	■
30	■	■	■	■	■

Weekly Self-Assessment

Symptom	Week 1	Week 2	Week 3	Week 4
Dryness				
Burning				
Blurred Vision				
Headache				
Eye Fatigue				

Frequently Asked Questions

Do blue-light glasses prevent eye strain?

Current evidence suggests good ergonomics, regular breaks and blinking are more effective than relying only on blue-light filtering glasses.

Can screen use permanently damage my eyes?

Digital screens generally do not permanently damage healthy eyes, although prolonged use can cause temporary discomfort.

How long before I notice improvement?

Many people notice improvement within 1–2 weeks when they consistently follow healthy screen habits.

Key Takeaways

- Follow the 20-20-20 rule.
- Keep your monitor slightly below eye level.
- Perform 10 slow blinks every hour.
- Use lubricating eye drops only if advised.
- Stay hydrated and reduce glare.
- Arrange an eye examination if symptoms persist.

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Disclaimer: This guide is for educational purposes only and should not replace consultation with a qualified ophthalmologist.