



MANAGING INCREASED SCREEN TIME

Download f.lux on Computer

f.lux automatically controls the color of the light on your computer based on the time of day. For those sensitive to screens, f.lux also provides various options for eye strain and allows you to adjust colors manually.

Set Phone to Grayscale

Studies have correlated color with increased attention and setting your phone to grayscale may not only make your phone a little less addictive, but it also decreases eye strain.

iPhone: Settings → Accessibility → Display + Text Size → Color Filters → Grayscale

To toggle between color and grayscale: Settings → General → Accessibility → Accessibility Shortcut → Color Filters (press home button 3 times to enable grayscale)

Blue Light Glasses

Filter out blue light from screens. A few options with various price ranges include Spektrum Glasses, Warby Parker, Occffy Eyewear, SOJOS Vision, J and S Vision.

Computer Privacy Screen

Privacy screens are thin pieces of plastic that can be placed over your monitor and have been proven effective in diminishing glare from computers.

Lift Devices to Eye-Height

Headaches, neckaches and backaches are common symptoms when working on the computer. A simple fix may be to pile a few books underneath your monitor so that it aligns horizontally with your eyes. If working on a laptop, a separate keyboard may be the trick to a comfortable workspace.

Schedule Screen Time

Depending on what your body needs, schedule your screen time with consistent breaks. Work for 15 minutes, take 5 minutes off. Work for 45 minutes, take 15 minutes off. Find a consistency that works best for you and your brain.

Screen-Free Breaks

When taking breaks from work, it is a habit for many of us to turn to our phones or computers for personal time. Instead, develop a screen-free break routine: go for a walk, rest your eyes, do the dishes, draw, meditate. As with all suggestions, find what works best for you and brings added joy to your life.