

## TEN RULES FOR MAXIMUM EYE COMFORT

- I. Use the “Harmon Distance” when reading, writing and doing other close work. The distance between the eyes and the task is the distance between the elbow and the middle knuckle. (Dr. Darrell Boyd Harmon’s “Harmon Distance.”)
- II. Read no longer than 10 minutes without looking up towards a distant object, letting it come into focus and breathing deeply.
- III. Tilt reading material up about 20 degrees.
- IV. Take a break when studying, doing near work, or working on a computer every 20 to 30 minutes. Get up and move around and wait for at least 5 minutes before resuming close work.
- V. Sit upright while reading, computing, or watching television.
- VI. Be aware of objects in your periphery and surroundings when reading.
- VII. Have good illumination on near tasks and good general lighting in the room.
- VIII. Do not sit closer to your T.V. than 6 to 8 feet or your computer 20-30 inches.
- IX. Walk with your head up, eyes wide open, and look softly with relaxed vision.
- X. Spend time outdoors and focus at different distances.