• Keep computer screens at least 24 inches from your eyes.

• Make sure the top of the screen is below eye level and tilted back.

• Use re-wetting eye drops that aren’t “redness reducing.” (You don’t want the ingredient tetrahydrolozine HCl.)

• Reduce contrast between the brightness of your screen and darkness of the room. Try lowering screen brightness and studying during the day.

• Use the “20–20–20” approach. Every 20 minutes, look at an object 20 feet away, for 20 seconds.

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