



STALL STREET JOURNAL

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[A WEEKLY DOSE OF KNOWLEDGE]

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Watch Your Eyes



- 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 *tetrahydrozine 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.

IN THIS MONTH'S ISSUE OF **STUDENT HEALTH 101**:

What's Next?

Conquering Your Fear of the Future



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