

Vision

- Wear blue-light blocking glasses- I use & recommend Baxter Blue. (apply code 'DRKRISTY' for 10% discount & free shipping)
- 20-20-20-20 rule- every 20 minutes you're on a device, take at least a 20 second break, look 20 feet away (approx 6m) and blink 20 times.
- Spend time in natural sunlight (kids need 10-15 hours/week) to help minimise elongation the eye.
- Take regular breaks (at least every 60 minutes).
- Keep your screen arm's distance from your body and about 15 degrees below your eye line.
- Reduce your overhead and/or surrounding lighting to avoid placing extra strain on your eyes.

YOUR ONE MICRO-HABIT FOR DAY 2:

