

Protect Your Vision in a Digital World

by

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Let's be real—we ask a lot from our eyes. Between pulling all-nighters, scrolling through social media, crushing gaming sessions, our eyes are constantly working overtime. It is easy to take perfect vision for granted, but the habits you build today determine how well you will see tomorrow.

1. Ghost the Glare: Limit Screen Time

From smartphones to laptops, digital screens dominate our lives. But all that blue light and constant focusing can lead to "Digital Eye Strain" - blurry vision difficulty focusing, dry eyes, and unbearable headaches.

The Fix : Use the 20-20-20 rule. Every 20 minutes, take a 20-second break and look at something 20 feet away. Our eyes are relaxed when we look at the distance. When look at near, the eye muscles contract to maintain near focus. Hence to relax your eyes look at the distance.

Also, turn on the "night mode" on the screen, to cut down blue light exposure.

2. Block the Rays: Level Up Your Shades

Just as you protect your skin from the sun don't leave your eyes unprotected either. Long-term exposure to ultraviolet (UV) rays can increase the risk of eye diseases, including cataracts.

The Fix : Wear sunglasses that provide **100% UVA and UVB protection (UV400)** whenever you are outdoors. Good sunglasses not only protect your vision but also improve comfort in bright sunlight, they also elevate your style.

3. Eat Smart, Live Active

What you put on your plate affects your sight. Your eyes need specific nutrients to fight off damage and stay healthy.

The Fix : Load up on colourful foods - yellows and Greens. Vitamins A, B, & C are good for your eyes. These vitamins are in plenty in spinach, Green leaves such as gotukola and mukunuwenna, carrots, pumpkin, sweet potatoes, and citrus fruits.

Most of these can be easily grown in your home garden and in pots.

Staying active boosts blood circulation throughout your body and keep your eyes well - oxygenated. If you have no time to exercise – start walking.

4. Sleep More, Scroll Less

When you skip sleep, your eyes pay the price. Inadequate sleep leads to eye fatigue, twitching, and dryness because your eyes haven't had time to rest and lubricate them overnight.

The Fix : Aim for 6 to 7 hours of solid sleep. Put down the phone at least 30 minutes before hitting the pillow to let your brain—and your eyes—wind down.

Don't take your device to bed. Let it rest while you sleep.

5. Get Regular Check-Ups

You don't just see an eye doctor when you need glasses. Regular eye examinations can spot hidden health issues long before you notice any symptoms.

The Fix : Schedule an eye check-up at least once every two years. Think of it as a routine maintenance check for your most important sensory asset.

Healthy Eyes in a Healthy Body, Your vision is irreplaceable.

*Treat your eyes right now,
and they'll keep your future looking bright!*

