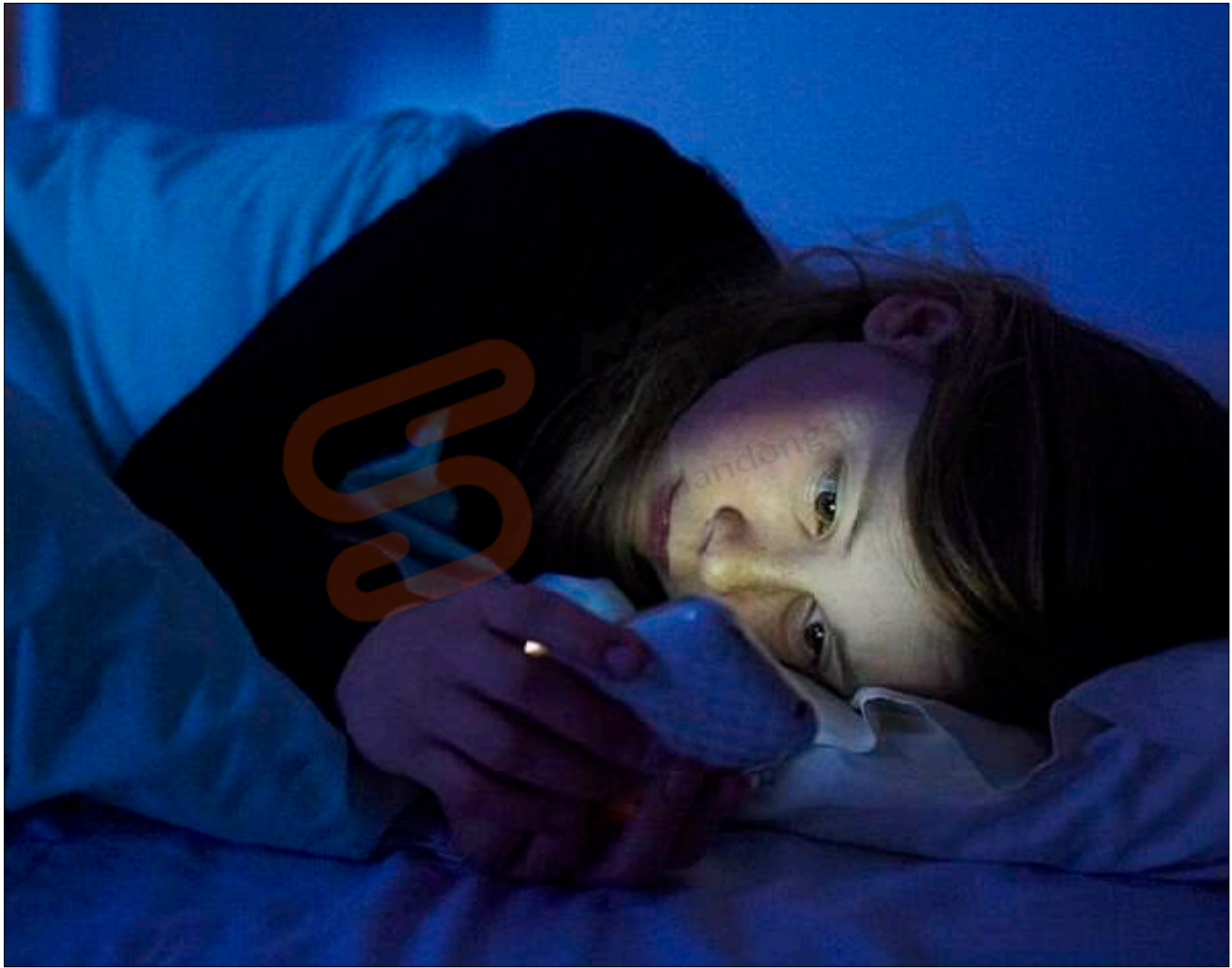


半夜睡不着的时候，很多人都会拿起手机，刷微博或者看朋友圈。屋子里整体是一个黑暗的环境，如果看手机的时候侧躺着，主要用一只眼睛看手机，那么等你翻身平躺，把两只眼睛都睁开的时候，你会感觉到刚才看手机的那只眼睛什么都看不见。

[illegible]

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It usually takes several moments for the eyes to adjust, leading people to believe they are suffering from a severe problem.

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A similar condition known as **digital eye strain** may also appear after long hours of staring at computer screen or smartphone screen. The symptoms may include eye dryness, blurry vision and persistent headache.

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1. Blink more often.

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Blinking is very important when working at a computer; blinking moistens your eyes to prevent dryness and irritation.

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2. Adjust your computer display settings.

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Brightness. Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation.

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Text size and contrast. Adjust the text size and contrast for comfort, especially when reading or composing long documents.

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3. Take frequent breaks.

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To reduce your risk for computer vision syndrome and neck, back and shoulder pain, take frequent breaks during your computer work day.

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