

Forum:[Hack Forums](#)

Thread: [Fixing poor eyesight](#)

Fireship - July 30, 2017, 2:18 am

Hi guys, i know we are all there love sitting in front of computer for hours, but it damages our eyes. I've read it is possible to restore eyesight if it is about -1 or so with exercises like yoga for eyes. So is there anyone tried to fix it?

?Arrow-? - July 30, 2017, 2:19 am

Talk to a doctor, not HF ??

Fireship - July 30, 2017, 2:33 am

That is the point. These methods are not commercially nice, so doctors will not tell anyone about them. Because why spend money on laser operations, if you can fix it by yourself for free. So i will not go to the doctor. I cant post links, but check out Bates method on wikipedia or so.

Jester Race - July 30, 2017, 5:29 am

I heard glasses can fix bad eyesight

? Death Disturbance ? - July 30, 2017, 1:49 pm

"yoga for eyes"

BRAHHHHHHHHHHHHHHHHHHHHHHHHHHHHHH

Deany - July 30, 2017, 1:50 pm

mine is so fucked. being nearsighted sucks ass.

SIM-1939868 - July 30, 2017, 1:52 pm

Palming your eyes for a minute every 2 hours and looking away will help you a lot.

Sheeple - July 30, 2017, 1:52 pm

(Jul 30, 2017 01:50 PM)Japanese Wrote: [\[CITE\]](#) mine is so fucked. being nearsighted sucks ass. I think I got nearsighted from netflix on my phone at like 2 am every day ?

owlfy - July 30, 2017, 3:23 pm

I'm 30 and can't even make out faces more than 20 feet away at the store anymore.

Jopemeister - July 30, 2017, 3:24 pm

yoga for your eyes, wtf is that shit.

go to a doctor not a forum filles with retards including me

Eagle™ - July 30, 2017, 3:27 pm

Ehm.. no.. and yes it can damage your eyes.

Personally it has damaged mine a lot, to the point i sometimes can't use the computer anymore if i don't use f.lux or my glasses.. but its getting better overtime as im getting used to it.

All about the lighting in your room when u use your computer, not good to use it in the dark since u gotta focus a lot on your screen.

SIM-1939868 - July 30, 2017, 3:53 pm

Downloading f.lux and having a light source next to your computer is nice aswell.

Dem?n - July 30, 2017, 4:00 pm

You have a couple options, nothing else you can really do about bad eyes.

Glasses

Contacts

Laser eye surgery

If you simply just have eye strain, look away from your computer for a bit every 15-20 minutes, stretching also helps.

If you have issues with the light of your monitor, turn your light on in your room. You may also buy special glasses like Gunnars.