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Thread: [Tired eyes, how to fix or get them back on track?](#)

TYourusername - September 27, 2019, 3:19 pm

Anyone knows how can I fight my eyes tiredness, sometimes it happens too early but for example now I'm looking for more than 15 hours to the monitor and I'm not able to see a thing. I can't focus because of that, everything just goes together, I have to close my eyes for minute and then close the other otherwise I'm not able to see a word.

This is really annoying, I'm not tired yet but I just can't do anything cause I can't see.

Anyone knows a solution how to fix that?

I already tried limiting the blue lights and everything on the computer and I even put my monitor full orange but it doesn't help anymore.

I can also take a pause for 10 - 60 minutes but the it won't help for more than 10 - 30 minutes.

Eye drops doesn't work either.

Only solution is to go, and sleep for few hours. :((

TYourusername - September 27, 2019, 3:24 pm

(Sep 27, 2019 03:21 PM)Buckfast Wrote: [CITE](#) I suggest taking a rest from the screen maybe doing something else then coming back I bet that will help

I know but that doesn't help for long.

The only known solution for me is just to take a nap for an 2-3 hours, probably going to do that.

BTC BTC BTC - September 27, 2019, 3:37 pm

wash with ice cold water, do a few start jumps n bobs your uncle

Bob White - September 27, 2019, 3:38 pm

wear gunners, use eye drops, and take breaks

i just had lasik eye surgery a month ago and thats my regimen

DNA - September 27, 2019, 5:03 pm

I get the same thing frequently due to the amount of time I sit in front of screens, I drink abnormal amounts of caffeine to fight it, probably not the most healthiest idea