

Forum:[Hack Forums](#)

Thread: [Do you get eye strain due to screen?](#)

ingenious - March 7, 2021, 12:17 pm

Pretty sure most of the people here spend around 50% of their time on screen.
Do you get eye strain due to continuous screen usage?

What measures do you take to mitigate this or get relief?

Grim - March 7, 2021, 12:17 pm

sometimes i usually go outside or take a walk during the day. Good stand up and take breaks if your doing it all day

Verethragna - March 7, 2021, 12:19 pm

I take little breaks throughout the day. I also adjust the screen color at times to help.

ingenious - March 7, 2021, 12:19 pm

(Mar 7, 2021 01:17 PM)Grim Wrote: [\[CITE\]](#) sometimes i usually go outside or take a walk during the day. Good stand up and take breaks if your doing it all day
Do you have scheduled breaks like after every hour or its on the whim, whenever you feel like taking one?

Grim - March 7, 2021, 12:22 pm

(Mar 7, 2021 01:19 PM)ingenious Wrote: [\[CITE\]](#) Do you have scheduled breaks like after every hour or its on the whim, whenever you feel like taking one?
I set an alarm every couple hours if im working to get up at least and walk around if not go for a quick 10-20 min walk or just do some stretches

Saix the Berserker - March 7, 2021, 12:24 pm

I did when I first got my second monitor, but then I just slightly dimmed the brightness of the one I don't game on and I can't even tell a difference, but no strain.

******* - March 7, 2021, 12:32 pm

Recently I have been getting a lot of eye strain , I turned on the night mode and that has seemed to help as well as having a desk lamp. I may invest in some blue shield glasses or go to bed at a better time.

Utility - March 7, 2021, 12:35 pm

I have f.lux installed on my computer considering I get home late at night.

Big Tyrone - March 7, 2021, 12:45 pm

Yeah my vision is horrible now at this age from looking at screens really close as a child... hate wearing glasses though so would just rather have shit vision.

Neon™ - March 7, 2021, 12:46 pm

(Mar 7, 2021 01:24 PM)Saix the Berserker Wrote: [\[CITE\]](#) I did when I first got my second monitor, but then I just slightly dimmed the brightness of the one I don't game on and I can't even tell a difference, but no strain.
Same here when I bought a monitor for my laptop. I can stare at my laptop screen 24/7 without any

eye strain, but after I bought the monitor I get eye strain pretty fast lol. I rarely use it tho.

severos - March 7, 2021, 5:03 pm

All the time... go for a walk outside, kinda have a schedule for that so I don't forget it.

siddy357 - March 7, 2021, 7:57 pm

(Mar 7, 2021 01:17 PM)ingenious Wrote: [\[CITE\]](#) Pretty sure most of the people here spend around 50% of their time on screen.

Do you get eye strain due to continuous screen usage?

What measures do you take to mitigate this or get relief?

The brightness of the screen also has to be taken into consideration at times as it affects the eye.

severos - March 7, 2021, 8:02 pm

(Mar 7, 2021 08:57 PM)siddy357 Wrote: [\[CITE\]](#) The brightness of the screen also has to be taken into consideration at times as it affects the eye.

I think it's more of relative brightness of screen compared to the environment. Ofc if everything is too bright it also kills your eyes.

siddy357 - March 7, 2021, 8:06 pm

(Mar 7, 2021 09:02 PM)severos Wrote: [\[CITE\]](#) I think it's more of relative brightness of screen compared to the environment. Ofc if everything is too bright it also kills your eyes.

mostly users try with more brightness when using a dark screen and congrats on the lounge head award mate.

jecoylecroy - March 7, 2021, 8:20 pm

I like to go outside every afternoon to watch the sunset and make me relax after 8 hours of work.

NoneStar - March 7, 2021, 10:04 pm

I've had dry eyes and eye stuff in the past, I just stop looking at screens for a bit and it lets up normally.

test - March 7, 2021, 10:11 pm

Use programs like f.lux to remove some of the blue-light from your PC screen.

severos - March 8, 2021, 1:15 am

(Mar 7, 2021 09:06 PM)siddy357 Wrote: [\[CITE\]](#) mostly users try with more brightness when using a dark screen and congrats on the lounge head award mate.

True, which I think is stupid, it's like asking for no ketchup in your meal but still getting a bottle of ketchup to put on later.

Neon™ - March 8, 2021, 6:10 am

(Mar 7, 2021 09:02 PM)severos Wrote: [\[CITE\]](#) I think it's more of relative brightness of screen compared to the environment. Ofc if everything is too bright it also kills your eyes.

It might sound weird but I can't be in a completely dark room while staring at my laptop screen. I always have the lamp on or at least the desk lamp on. Otherwise I feel like I'm raping my eyes. I've been doing this for years already and it greatly reduces eyestrain.

severos - March 8, 2021, 6:23 am

(Mar 8, 2021 07:10 AM)Neon™ Wrote: [\[CITE\]](#) It might sound weird but I can't be in a completely dark room while staring at my laptop screen. I always have the lamp on or at least the desk lamp on. Otherwise I feel like I'm raping my eyes. I've been doing this for years already and it greatly reduces eyestrain.

I have same thing, brightness of my screen have to match brightness of my surrounding otherwise it hurts really bad.

ingenious - March 13, 2021, 1:35 am

(Mar 7, 2021 09:20 PM)jecoylecroy Wrote: [\[CITE\]](#) I like to go outside every afternoon to watch the sunset and make me relax after 8 hours of work.

Do you go to a particular spot or just outside?

Xhibit - March 13, 2021, 1:40 am

I get screen fatigue(strain) most when I play DOOM.

I notice the fast paced and high graphics make it hard for me to keep up, I can only play a couple levels at a time.

ingenious - March 13, 2021, 1:42 am

(Mar 13, 2021 02:40 AM)_Xhibit_ Wrote: [\[CITE\]](#) I get screen fatigue(strain) most when I play DOOM. I notice the fast paced and high graphics make it hard for me to keep up, I can only play a couple levels at a time.

Its surprising that I always notice it after I am done playing a game for hours.

Do you start feeling it mid game?

Xhibit - March 13, 2021, 1:44 am

(Mar 13, 2021 02:42 AM)ingenious Wrote: [\[CITE\]](#) Its surprising that I always notice it after I am done playing a game for hours.

Do you start feeling it mid game?

Depends on factors, but assuming I had an easy day, Its about one level in I start to notice it, I can do 4-5 levels, but I notice it takes more concentration.

jecoylecroy - March 13, 2021, 1:54 am

(Mar 13, 2021 02:35 AM)ingenious Wrote: [\[CITE\]](#) Do you go to a particular spot or just outside?

Just outside, or talk with my neighbors beside the road.

Xhibit - March 13, 2021, 1:56 am

(Mar 13, 2021 02:54 AM)jecoylecroy Wrote: [\[CITE\]](#) Just outside, or talk with my neighbors beside the road.

You seem like the upsetting type of person.

Prob best I dont deal with you while I am here before they close this acct as well.

HOMODIN - March 13, 2021, 1:59 am

I work 9h/day at an office with my face glued to a screen and when I come home I work at least a few more hours...and the same goes for weekends. Usually don't get any eye issues what so ever, I guess it's because of small breaks now and then and well, I usually have the screens dimmed a bit if and when possible. The most common issue that I have is a borken back thanks to a crappy Ikea chair :D

Xhibit - March 13, 2021, 2:02 am

(Mar 13, 2021 02:59 AM)HOMODIN Wrote: [\[CITE\]](#) I work 9h/day at an office with my face glued to a screen and when I come home I work at least a few more hours...and the same goes for weekends. Usually don't get any eye issues what so ever, I guess it's because of small breaks now and then and well, I usually have the screens dimmed a bit if and when possible. The most common issue that I have is a borken back thanks to a crappy Ikea chair :D

I hear that.

Man, its why I left IT for a while and went to the Military, I came home from work sat down on my

computer and was like "I dont even want to fucking touch you"

- Dont turn your past time into a job.

Seriously it turns up sucking, HARD.

jecoylecroy - March 13, 2021, 2:06 am

(Mar 13, 2021 02:56 AM)_Xhibit_ Wrote: [\[CITE\]](#) You seem like the upsetting type of person. Prob best I dont deal with you while I am here before they close this acct as well. Okay, I wonder what comes from you mind.

Exalted - March 13, 2021, 2:08 am

Rarely get eye strain due to screen usage now that I have switched to a 4k laptop. It really helped.

I used to have this software that notified me every so often to get up, look away for five minutes, go outside or do some exercise; gotta find that again.

Xhibit - March 13, 2021, 2:09 am

(Mar 13, 2021 03:06 AM)jecoylecroy Wrote: [\[CITE\]](#) Okay, I wonder what comes from you mind. Im bored, and feel like chatting.

HOMODIN - March 13, 2021, 2:10 am

(Mar 13, 2021 03:02 AM)_Xhibit_ Wrote: [\[CITE\]](#) I hear that.

Man, its why I left IT for a while and went to the Military, I came home from work sat down on my computer and was like "I dont even want to fugging touch you"

- Dont turn your past time into a job.

Seriously it turns up sucking, HARD.

That's one of the main reasons why I don't play that much games anymore, it lost the charm and all the fun when I started to get paid for it :/

Xhibit - March 13, 2021, 2:11 am

(Mar 13, 2021 03:10 AM)HOMODIN Wrote: [\[CITE\]](#) That's one of the main reasons why I don't play that much games anymore, it lost the charm and all the fun when I started to get paid for it :/ Meanwhile Im thinking of retraining for Video game development heh

Black Whale - March 13, 2021, 5:55 am

Ye my doc said to use systane eye drops they spends but good

ghostboy - March 13, 2021, 5:56 am

Absolutely it fucks me up after a while sometimes. It will make me not able to sleep if im on all day.

Juoku - March 13, 2021, 6:43 am

I've actually never had any issues with my eyes so I can't really say, I've always spent a lot of time on my computer

Carrot - March 13, 2021, 6:50 am

mainly comes down to posture and lighting in your enviroment.

if you're in a dark room and have a bright light source into your eyes, you're going to strain them. its a very good practice to take breaks every so often.

if you find your eyes straining sort out the lighting in your enviroment, or dim your display.

The - March 13, 2021, 6:55 am

I asked the same question to my friends that could spend an entire day staring at the screen.

The answer is practice.

Pow3r - March 13, 2021, 7:23 am

I try and avoid too much screen time to ever get this. Screen time is entirely unhealthy in many ways and literally everyone would be better off with less.

nCoXo - March 13, 2021, 7:26 am

always happens with me after long site in front of screen.

ingenious - March 13, 2021, 8:27 am

(Mar 13, 2021 07:55 AM)The Wrote: [\[CITE\]](#) I asked the same question to my friends that could spend an entire day staring at the screen.

The answer is practice.

I have been at it for a few years now

It still hurts

Pancake Boat - March 13, 2021, 8:31 am

Not really, I wear glasses and they have 2 layer eye-protection.

The - March 13, 2021, 8:34 am

(Mar 13, 2021 09:27 AM)ingenious Wrote: [\[CITE\]](#) I have been at it for a few years now

It still hurts

How bright is your monitor?

I set my phone and monitor to low.

Neon™ - March 13, 2021, 9:37 am

(Mar 13, 2021 09:27 AM)ingenious Wrote: [\[CITE\]](#) I have been at it for a few years now

It still hurts

You should change something bro. I'm staring at monitors for over 10 hours every single day for the past 7 years and never had issues with my eyes feeling tired or any pain or whatever. My brightness is low af I also have external light in my room and never stare at a monitor in a pitch black room.

These are my rules.

Nate - March 13, 2021, 1:42 pm

Not really I have a pretty good light set up in my room, so my eyes easily adjust with it.

Bankrupt - March 13, 2021, 11:08 pm

Yes, this just recently started happening to me after upgrading for a 60hz monitor to a 244hz monitor dont know if maybe its new technology or because of the brands/components lighting the screen

Forensic - March 19, 2021, 6:55 am

I get it more from phone than anything else. For some reason never had an issue with TV or laptops/computer etc. But my iphone in particular always gives me some kind of eye strain. Might be the lighting or something.

Yanix - March 19, 2021, 7:14 am

I guess I need an eye check up for my sight isn't good and I am having a headache lately :(

A Nobody - March 19, 2021, 12:59 pm

Sometimes but I find a combination of Windows dark theme, f.lux, and DarkReader to work wonders for it.

originaldotexe - March 20, 2021, 1:10 am

no but i did get constant headaches from the loud ringing sound those cheap crt crapsets made..

Dripstur - March 20, 2021, 1:27 am

I used to when I games a bunch late at night. I'm sure thats normal when your in the dark and staring at bright screen.

DocShifty US Army Retired - March 20, 2021, 4:40 pm

Maybe or it could be that I am getting old and don't have 20/10 vision anymore.

?nxy - March 20, 2021, 5:11 pm

Yeah it can happen to you

ingenious - April 4, 2021, 3:56 pm

(Mar 20, 2021 04:40 PM)DocShifty US Army Retired Wrote: [\[CITE\]](#) Maybe or it could be that I am getting old and don't have 20/10 vision anymore.

Its astounding that some people are 24/7 screen users and yet have perfect vision.

A Nobody - April 4, 2021, 3:57 pm

I use flux, windows dark, and an extension on chrome to help avoid it

oxat1997 - April 4, 2021, 5:08 pm

take frequent breaks or go to a doctor and get your glasses so you don't have more serious problems later

agent - April 4, 2021, 5:13 pm

i take frequent breaks walk around have a nap etc

TB12 - April 5, 2021, 10:41 am

I don't ever get this surprisingly

ninja137 - April 5, 2021, 7:27 pm

Taking a walk to a park helps. Also use screen blue light filters

Punny - April 5, 2021, 8:47 pm

Only if I wear my glasses