

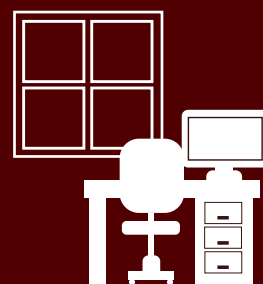
# Physical Strategies to Support Learning

## Eye Care Tips



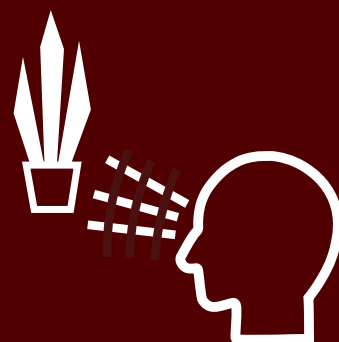
Avoid fluorescent lights as much as possible. Use warm or natural lights instead.

Position your computer screen to the side of exterior lights, and not in front of windows.



Give yourself a gap between computer time and bed time to sleep properly.

Use the 20-20-20 rule: every 20 minutes, look at something at least 20 feet away for at least 20 seconds.



Adjust display settings so the brightness of the screen matches the surrounding environment.

