Opticians in Dublin-Eye Care for Computer Users by Kusum Kalwar

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In this technical world most of the people spend a lot of time in front of the computer so that they need special care of our eyes. Most of the work is done on computers and there is usually no escape from it. It is a visually rigorous task and unfortunately our work and life-styles do not give us the opportunity to be to our eyes.

First thing is that you should know about your eyes. There are many parts of an eye such as tears, eyelids, eyelashes, cornea, pupil, lens and retina and optic nerve. All these parts perform their work, every part do different work. According to eye doctors and opticians in Dublin, the main job of eyelids is to protect your eyes from dirt, dust and harsh light. An eyelash is a protective net for your eyes. Cornea is a refractive zone that guides light to reach the retina. The main work of pupils is control the amount of light that enters your eyes. In other side lens is a refractive zone that also guides light into the retina. The last part of the eyes is retina and optic nerve, which is a bunch of intricate wiring that carries vision signals between your brain and eyes.

By using computers, many users have become susceptible to a disease knows as glaucoma. Most of the Computer users face some sort of eye problems such as headaches, strain on the eyes and sometimes even blurred vision. This is not a good sign because eyes are very important part of our body. Stress and eye problem can cause tiredness and reduce the efficiency of a working person.

With the help of some simple and easy tips for eye care, computer users can keep their eyes protected and perfect for a long time. You should take some short break and blink your eyes quite a few times, roll your eyeballs and take a deep breath. You can repeat it three to four times because these exercises serve as good workout for your eyes. One other thing is that you should splash water on your face while closing your eyes during breaks and it helps you feel refresh.

In front of computers you must maintain the correct position, it is essential not only for your eyes, but also for avoiding back and wrist problems. You should also aware about the screen level that it should not be higher than your eye level. Other important thing is that proper lighting. The room lighting can also be an important factor for eyes. According to opticians in Dublin, light should not fall directly on the screen. If you are using eye glasses, then you should ask your opticians for anti-glare coating glasses because these glasses reduce discomfort and eases the strain on the eyes. If you feel some problem in your eyes, then rub your hands, close your eyes and place the warm palms cupped over them. This has an overall relaxing effect and helps you feel refreshed.

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