HEALTHY TIPS ON HOW TO PROTECT YOUR EYES FROM PHONE RADIATION

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Most people now a day cannot live without their smart phones specially the millennial generation. By the amount of time the person using cell phones (including smartphones) might increase the risk of having an eye problem because of radiofrequency wave cause by the electronic gadgets if it is too close to your eyes when using. The main concern here is 'how to take care of our eyes from cell phone radiation'. Luckily, it can minimize the inevitable digital eye strain by blending a few simple, healthy habits into the smartphone-gazing routine.

There many easy tips for a person who’s using a smartphones will not pay for the price for screen addiction. First, try to blink often, it will help you to keeps your eyes moist and reduces dryness and suffocation. You need to minimize the use of your eyes when it is tired. Practice shutting and opening the eyes quickly. Keep your eyes wet by blinking about 10 times every 20 minutes or so and you should be good to go and also blinking often helps refocus your sight. Blinking often is a good habit but it is better if we take a break from using phone. It may be hard but it will help a lot, besides your eyes asking is 20 seconds in every 20 minutes only. Another one is try to adjust your brightness. Set the screen in moderation wherein your eyes can adapt to prevailing level of light and become able to see clearly. Also try to make an adjustment to your text size and contrast. If the font size and contrast is suited to your eyes, it is easier to comprehend the messages, dates, engagements or appointments and everything else on your phone. By doing the third and fourth one will make it easy for you to do the second to the most important thing that will protect your eyes and that is hold your
smartphone farther away. It’s ok. You don’t have to put it all the way down. We promise. There are people used to grasp their mobile phone less than 8 inches away from face. Not good. According to health experts, appropriate distance from our face should at least 15 to 18 inches. It might feel funny at first but shouldn’t take long to get used to. And the last one is minimizing the time of phone usage.

Yes, your smartphone is a sight for sore eyes like literally and staring at your smartphone or gadget, where can cause of eye irritation even blurred vision, dizziness and headaches. Think zombie eyes and you’re there. That is why you must be careful and by doing this simple things it can protect you from a higher risk of the radiation.

References: