YOUR DESK REFERENCE

The 3-Step Workday Eye-Comfort Routine

A practical starting point for dry, tired eyes during screen work. No purchase needed.

1 Take a distance break

Every **20 minutes**, look at something about **20 feet away for 20 seconds**. Blink naturally. This gives you a break from close-up focusing. Use a repeating timer so you do not have to wait for discomfort.

2 Practice a complete blink

Close normally for 2 seconds. Open.
Close normally again for 2 seconds.
Keeping your eyes closed, squeeze for 2 seconds. Open.

Practice one short cycle after your distance break. Do not press on your eyes or squeeze through discomfort. This is practice, not a test for blocked glands.

3 Check your screen and airflow

Keep the top of your monitor at or slightly below eye level, with its center below your straight-ahead gaze. Keep your head upright and shoulders relaxed. Looking down exposes less of the eye surface to the air.

Turn off or redirect a desk fan blowing toward your eyes. If a ceiling fan creates a draft at your workstation, try switching it off while you work. Redirect nearby vents where possible.

Make it easy: Set a reminder: “Distance break + blink.” Check your screen and airflow when your workspace changes.

EDUCATIONAL USE
This guide does not provide a diagnosis or replace personalized medical advice, examination or treatment. Do not delay professional care because of this guide. Individual results vary.

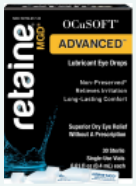
Stop an exercise if it hurts. Seek prompt eye care for sudden vision changes or severe eye pain.

OPTIONAL SHOPPING REFERENCE

Eye-Drop Options for Your Workday

Examples to discuss with your eye-care professional. A purchase is not required.

Lipid-containing examples
Lipids are oils that supplement the oily part of your tears. These drops may help when tears dry up too quickly, but screen use alone does not tell you which formulation you need. [5]



Retaine MGD Advanced

Single-use vials. Look for “Advanced” and “Non-Preserved.” Includes mineral oils.

Official product / label details



Refresh Optive Mega-3

Single-use vials shown. Look for “Mega-3” and “Preservative-Free.” Includes castor and flaxseed oils.

Official product / label details



Systane Complete PF

Multidose bottle shown. Look for “Complete PF” or “Preservative-Free.” Includes mineral oil.

Official product / label details

Wear contact lenses at work?

OPTASE Dry Eye Intense is a preservative-free, contact-lens-compatible option to discuss with your eye-care professional. It is separate from the lipid-containing examples above. Follow the directions on your exact package and your clinician’s advice. [7]

Check before you buy: Match the full product name and version. Read the directions, contact-lens guidance and discard instructions. Do not assume all lubricant drops can be used with lenses in.

Examples, not a ranking. Packaging and availability vary. Original product images: OCuSOFT and manufacturer labeling via DailyMed; original guide checked October 13, 2026. OPTASE information checked October 15, 2026.

YOUR NEXT CONVERSATION

What Still Bothers You?

One useful example is enough. These notes prepare a conversation; they do not diagnose a cause.

What task were you doing when discomfort interrupted you?

What did you try, and how long did it help?

What remains difficult despite your routine or previous treatment?

Already had dry-eye treatment? Bring a list of what you have tried and any previous test results you have. Note what improved, what did not, and what you want explained before another recommendation.

Still finding it difficult to get through the workday comfortably?

If discomfort keeps returning - or you have already tried dry-eye treatments - take the next step with Dr. Saxena, serving Birmingham and Chelsea.

Request a Dry Eye Clarity Evaluation.
We are currently waiving the **$125 diagnostic fee.**

Request your Free evaluation (while supplies last):
Call Us (205) 224-0016 or book online where you downloaded this free guide.

RESEARCH REFERENCE

What the Research Actually Supports

The references distinguish practical guidance from evidence about clinical outcomes.

1 Distance breaks

Talens-Estarelles C et al. (2023). Contact Lens & Anterior Eye, 46(2), 101744. In 29 symptomatic computer users, symptoms improved after two weeks of reminders. This did not establish instant relief from one break; benefits were not maintained a week after stopping. Read source

2 Blinking exercise

Kim AD et al. (2021). Contact Lens & Anterior Eye, 44(3), 101329. 41 participants completed four weeks of practice every 20 minutes during waking hours. Symptoms and incomplete blinking improved. There was no separate control group, and lipid-layer thickness did not significantly change. Read source

3 Downward gaze and evaporation

Tsubota K, Nakamori K. (1995). Archives of Ophthalmology, 113(2), 155-158. In 15 healthy volunteers, downward gaze was associated with less exposed eye surface and lower evaporation. This does not establish guaranteed symptom benefit or reduced need for drops. Read source

4 Practical monitor positioning

OSHA. Computer Workstations eTool: Monitors. Place the top of the monitor at or below eye level and keep a comfortable posture. Ergonomic guidance, not a dry-eye treatment trial. Read source

5 Lipid-containing artificial tears

Maulvi FA et al. (2024). Contact Lens & Anterior Eye, 47(3), 102154. This review discusses lipid formulations for evaporative dry eye. It does not rank the products or establish that every screen user needs lipid drops. Read source

6 Direct airflow

NIH News in Health (September 2024). Tired, Achy Eyes? NIH identifies air blowing directly toward the face from fans or vents as a contributor to eye dryness. Read source

7 Contact-lens-compatible option

OPTASE. Dry Eye Intense Drops: manufacturer product information. Listed as preservative-free and contact-lens compatible. The manufacturer describes very little blur on application; this is not a guarantee of blur-free vision. Read source

The routine combines separate sources; the combined routine has not been tested as a single treatment. The immediate accomplishment is learning and setting up the routine. Symptom responses vary.