

Computer Vision Syndrome

Overview

Computer vision syndrome (CVS) is a term that describes eye-related problems and the other symptoms caused by prolonged computer use. As our dependence on computers continues to grow, an increasing number of people are seeking medical attention for eye strain and irritation, along with back, neck, shoulder, and wrist soreness.

These problems are more noticeable with computer tasks than other near work because letters on the screen are formed by tiny dots called pixels, rather than a solid image. This causes the eye to work a bit harder to keep the images in focus.

There is no scientific evidence that computer screens are harmful to the eyes. A common myth is that too eye strain caused by reading and close work is damaging to the eyes. This is not true; however, those who work at computers often experience many frustrating symptoms.



Magnified view of a printed letter



Magnified view of a letter on a computer screen