

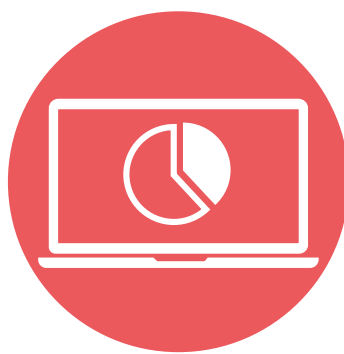
FOLLOW THE 20/20/20 RULE

In and outside of the workplace, from tiny laptop screens to the biggest televisions, we spend our days staring at screens. But digital eye strain is becoming an increasingly bigger problem.

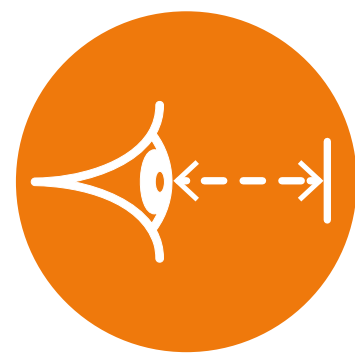
A break of 20 seconds every 20 minutes can save your eyes and body from unwanted strain and pain.



Once every
20 minutes



Take a break from
the screen for
20 seconds



Look at an
object
20 feet away