**Tips for managing screen fatigue in online classes**

*Excessive screen time can damper productivity and cause headaches or eye strain. Consider these tips for avoiding screen fatigue while keeping up with your online classes.*

**Take breaks**

* + It is important to **break up screen time** to allow your eyes (and mind!) a chance to rest.
	+ Try the **Pomodoro method**: set a timer for 25 minutes and concentrate on a task without interruption. When the alarm goes off, reset the timer for a 5 minute screen break. Repeat this cycle 4 times, then take a longer break (20-60 minutes depending on your energy and work load).
	+ If you find that these time increments do not work for you, **adjust as necessary**, maintaining the principle of taking **frequent breaks** from looking at your screen.

**Plan** **screen** **time** **strategically**

* + While your class schedule and personal commitments may dictate when you are able to do your work, try to design your study schedule to **reduce screen time at the end of the day** when your eyes are more tired.

**Adjust your screen settings**

* + The default **display settings** on your computer can sometimes be straining.
	+ On a PC: check out the **Night Light feature**, which allows you to display “warmer” colors at certain times of day to reduce blue light.
	+ On a Mac: try switching to **Dark Mode** to reduce screen brightness.
	+ Try downloading [f.lux](https://download.cnet.com/f-lux/3000-2094_4-75447318.html), which **adapts your screen brightness to the time of day.**
	+ Increase your **scale settings** to enlarge all text that appears on your screen.

**Use dictation and read-aloud**

* + By **speaking aloud rather than typing,** you reduce the need to concentrate intensely on the screen (just make sure to go back later to make edits). Dictation is available on [Microsoft Word](https://support.office.com/en-us/article/dictate-your-documents-in-word-3876e05f-3fcc-418f-b8ab-db7ce0d11d3c) and [Google Docs](https://support.google.com/docs/answer/4492226?hl=en).
	+ There are also options to **have text read aloud to you** to give your eyes a break. Check out [read-aloud options for pdfs and Word documents.](https://www.howtogeek.com/197880/how-to-make-your-computer-read-documents-to-you/)

**Consider light-blocking products**

* + Some students benefit from products like **blue light screen overlays, tinted lenses, or simply wearing sunglasses** while looking at screens.
	+ We recommend you **consult with an eye doctor** before using any new products.