3-Minute Vision Reset for Screen Fatigue (Do Hourly) Transcript

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Introduction to the 3-Minute Vision Reset

The three minute vision reset. Do this every hour. If you work on screens and if you have eyes, you need to do this. Every hour, it's a three-minute vision.

Reset that when done proactively prevents eye strain, fatigue, and headaches before they even start. Let's do it right now. Hi, I'm Dr. Bryce Applebaum.

I am a neuro optometrist and I m all about optimizing the eye brain connection.

20-20-20 Rule for Screen Breaks

Your eyes were not designed to stare at a screen inches from your face for hours, all day, every day. This reset breaks that pattern and keeps your visual system flexible.

You can do this at your desk without even getting up. Let's go. Exercise one. The 20, 20 20 rule. First, the 20-20-20 Rule. At least every 20 minutes, look at something at least 20 feet away for atleast 20 seconds.

Right now, pick something across the room or out a window, at least twenty feet as far away as possible. Look at it, but look it at softly. Let your eyes relax.

Don't strain to see the detail, just rest your gaze on something far. I'm going to be doing this for 20 Seconds. Go. Good. Keep breathing. Let your shoulders drop.

Your eyes are decompressing right now. You're almost there. Done. That's the single most important thing you can do to prevent screen fatigue. Vision breaks early and often.

Exercise two, eye circles. Next, Eye Circles. This releases tension in the muscles around your eyes. So what we're going to do is we want to look up and we are going slowly move your eye in a big circle.

Eye Circles to Release Tension

Right, down, left. Make the circle as big as you can and you want to do it as slowly and controlled as we can. So let's do three circles together clockwise.

Go. Up, right, and down. Left. Up. Keep going. Let's get another one in. Up, right, down, left. One more. up, Right, Down, Left. Amazing. Now, good. let's reverse these.

Lets do them counterclockwise. So it's going to be up left, and down right. down, right. Let's get one more in there. Up, left, down. Right. All right, good.

You just released tension you probably didn't even know you were holding. Exercise three, squeeze and release. This is the last one. Squeeze and Release.

We're gonna close your eyes tight, Squeeze your eyelids together and hold for three seconds. And then you can open up wide. as wide as you can. And we're going to do this five times.

This resets your blink pattern and rehydrates your eyes, and it allows the glands of your lids to actually secrete the tears that are often stuck or capped within them.

So let's go. First, we are going squeeze. One, two, three. Then we will open real wide.

Squeeze and Release Blink Reset

We are gonna squeeze one, two, three, then we open really wide And then squeeze, one, two, three, open wide. Squeeze, One, Two, Three, Open wide, and then one more.

And when you squeeze you want to squeeze pretty hard here. One. Two. Three. Then you can open real wide Done. Amazing job. Your eyes should feel more awake, less sticky, And hopefully more comfortable as you go through your visually demanding day.

That's it. Three exercises. We've got the 20-20- 20 rule. You want to do that at least every 20 minutes, but often. Eye circles and squeeze and release.

So this whole sequence, do this every hour and you'll prevent the fatigue that builds up over the day. But the 2020 rule, you want do do even more often, your eyes need breaks.

Your visual system needs variety. This gives you both. So set a timer. Let's do this at least every hour. Your eyes will thank you.

Wrap-Up and Screen Time Tips

And if you want more strategies for managing screen time, the links below. If this helped, leave a comment and let me know. Subscribe for more. We got a lot more coming.

See you in the next one.