How to Stop Tired Eyes From Screens (Without Eye Drops) Transcript

(Transcripts are generated by AI and may contain errors)

Screen Fatigue and the Real Problem

If your eyes feel tired, dry, gritty, or blurry after a day on screens, you're not alone. Most people immediately reach for eye drops. But here's the truth.

Eye drops don't fix tired eyes. They mask the symptom, driness, without addressing the real reason your eye are exhausted. So in this video, I'm gonna explain what's actually happening behind your screen fatigue and walk you through three science-backed ways to fix it naturally.

Why Screens Make Your Eyes Tired

I'm Dr. Bryce Applebaum, a neuro optometrist and founder of My Vision First, where we help people retrain the connection between their eyes and their brain so they can perform, feel, and see their best.

Why screens make your eyes tired? When you stare at a screen, your visual system shifts to respond to what's called near point stress. That means your eye are locked into up close mode.

Your focusing muscles, called the accommodative system, is constantly contracted. Imagine flexing your bicep for hours without relaxing. That's what your eyes are doing.

At the same time, your blink rate drops by about 60%. Fewer blinks mean your eye dries out faster. Your tear film breaks down and your brain has to work harder just to keep things clear.

Why Eye Drops Only Mask the Symptoms

This constant tension doesn't just tire your eyes, it tires your brains. Because vision is not just what your eye sees, its how your mind processes what you're eyes see.

Why eyedrops don't work for long. Eyedrops might feel good for a few minutes, but without using them consistently and for long time, they don't beef up your tear film and they for sure don t retrain how your eyes and brain are working together.

They just add moisture on top of the problem, like pouring water on a flame instead of removing the actual heat source.

Three Simple Eye Resets

If your eyes are dry, blurry, or strange from screens, the real solution is to restore function, not just add fluid. The fix. Three simple eye resets.

Let's go through three simple things you can do today to start fixing tired dry eyes with no drops required number one blink resets every 20 minutes close your eyes gently for five seconds and then blink 10 to 15 times slowly and intentionally this resists your curafilm and re-engages your visual reflexes Think of it as giving your eyes a mini power nap.

Number two, distance breaks. Your visual system needs distance exploration. Every 20 minutes, look at something at least 20 feet away for at 20 seconds.

A tree outside, a wall, anything not on a screen. This relaxes your focusing muscles and resets your eye coordination systems. It's like stretching for your guys.

number three, the eye brain breath. every few minutes step away from your screen, Take a deep breath and while you exhale, gently soften your gaze. Let your eyes take in the whole room instead of focusing on one point.

Open up your side vision. This signals to your nervous system, we are safe. You can relax now. Do these three things daily and I'll bet you'll notice less eye strain, fewer headaches, and better focus by the end of the week.

The bottom line, your eye don't need more drops, they need better habits. If you train your visual system to work with your brain, not against it, you'll start to feel the difference best.

Final Takeaway and Free Guide

I've put together a free guide with daily visual resets just like these. The same ones that I teach my patients that are practiced at my vision first.

You can download it at screenfit.com forward slash guide. Link is in the description below. Thank you for watching and remember the problem isn't your eyes being weak.

It's that no one ever taught you how to keep them strong.