

A Moment for Your Eyes

Everyday visual habits for the whole family



Look into the distance

Every now and then, look at a distant point outside the window.



The 20-20-20 rule

Every 20 minutes, look for 20 seconds at something at least 20 feet (6 metres) away.



Blink with intention

We blink less at screens — a few slow blinks make a real difference to comfort.



Close your eyes for a moment

Cup warm palms over closed eyelids and take three calm breaths.



Vary the distance

Look near, then far — eyes enjoy variety.



Step into daylight

Time outdoors is the most natural break from screens.