

The rule says that for every 20 minutes spent looking at a screen, a person should look at something 20 feet away for 20 seconds.

Following the rule is a great way to remember to take frequent breaks.

This should reduce eye strain caused by looking at digital screens for too long.

**EVERY**

**20**

**MINUTES**

**LOOK AT SOMETHING**

**20**

**FEET AWAY**

**FOR**

**20**

**SECONDS**

**TO PREVENT**

**EYE STRAIN.**