

# Are your EYES tired?

In today's world of IT, we spend more and more time using computers and smartphones, regardless where we are. As a result, many people feel that their eyes are easily tired. In addition, if you have near-sightedness, farsightedness, astigmatism, presbyopia, etc., abnormalities in light refraction will occur. At that time, the muscles around the eyes get tired easily because the focus is adjusted by changing the thickness of the crystalline lens.



## Tired eyes causes

**Cataract:** A disease in which the crystalline lens becomes cloudy, and the cloudiness makes the vision blurry.

**Glaucoma:** In glaucoma, which causes an abnormality in the optic nerve, symptoms such as narrowing of the field of vision and tired eyes occur.

**Environment:** In some cases, the environment in which the eyes are used, such as the brightness of the room and the distance from the display, can cause eyestrain. For example, when using a computer, it is important to maintain the correct posture while ensuring sufficient brightness.



## Eyestrain

Your eyes might get tired easily if you stare for long periods at a computer, smartphone, or game console. The eye doctor might call this computer vision syndrome or digital eye strain. It affects most people who use one. Some estimates say computer-related eye symptoms may be responsible for up to 10 million eye doctor visits a year. The problem is expected to grow as more people use smartphones and other handheld digital devices, which force your eyes to work harder than usual as they strain to focus on tiny words.

Digital devices may also be linked to eye fatigue because you tend to blink less often when looking at a computer screen. People usually blink about 18 times a minute. This naturally refreshes the eyes. But studies suggest that people only blink about half as often while looking at a computer or other digital device. This can result in dry, tired, itchy, and burning eyes.

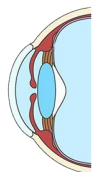
Left alone, tired eyes can be the cause for headaches, sore neck, shoulders or back, photophobia and more.



## Ciliary body

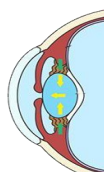
When you look at something, the thickness of the part called the lens of the eye changes and the focus is adjusted. The ciliary muscle around the lens changes the thickness of the lens. When looking into the distance, the ciliary muscle relaxes. Conversely, looking at something closer, such as a computer (especially a mobile phone), causes the ciliary muscles to tense. In daily life, the ciliary muscles are rarely relaxed, so tension is often maintained, causing symptoms of eye fatigue.

Looking far



ciliary muscles relax

Looking close



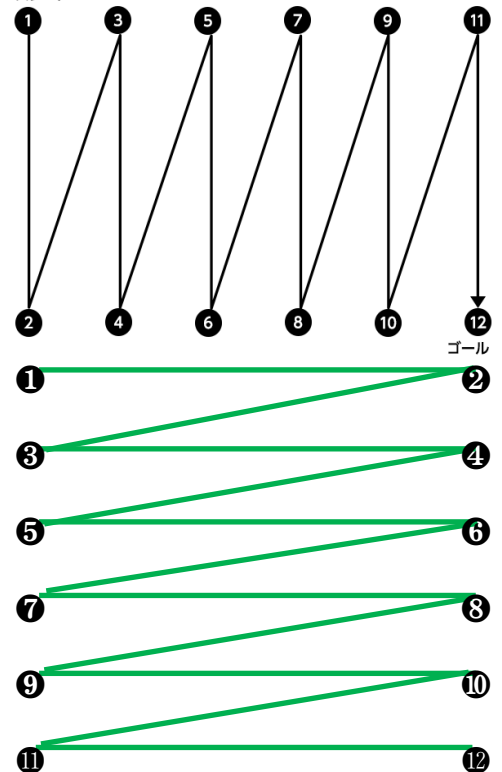
ciliary muscle tense



## Avoid Tired Eyes

- Take a break for 10 minutes after using the computer for 1 hour. Close your eyes or blink slowly.
- Pumpkin, carrots, mackerel, tuna, freshwater clams, and other seafood are good for your eyes.
- Sleep sufficiently.
- When you are only looking at close objects, consciously look far away and relax your eye muscles. Stretch your eyes by moving them from side to side and up and down. You can stretch your eyes with the diagram below. Trace the lines from ① to ⑫ with your eyes without moving your face. "It's a good idea to do this several times a day."

スタート



参考資料: <https://senshinkai-clinic.jp/blog/sthenopia/>  
<https://www.menicon.co.jp/whats/column/etail2.html>

## For your Eyes!



This formula is a synergistic blend of herbs and ingredients that contribute to a healthy vision. Eye Crocetin Plus helps promote blood circulation to the eyes by repairing damaged vessels, improving night vision, cleansing tissues and carrying antioxidants to the eyes. \*