# DIGITAL EYE STRAIN FACEBOOK & INSTAGRAM POSTS

## POST IMAGES:

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If you're spending more time in front of the computer or your phone these days, you may be experiencing more frequent headaches, fatigue, or blurry vision. Did you know that certain lenses can help reduce eye strain? Give us a call at **XXX-XXX-XXXX** to learn more.



Digital eye strain can make it hard to focus on what's important. If you spend most of your day in front of your digital devices, we can help you find the right lenses to reduce eye strain and help you stay productive. Give us a call at **XXX-XXX-XXXX**.
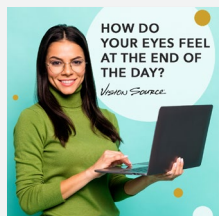


We can't get you out of your video conference calls, but we can make them less painful for your eyes. Ask us about lenses that help filter out blue light to keep your eyes feeling comfortable throughout the day. Schedule your appointment at **[your website]**
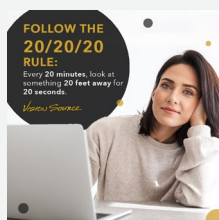


Staring at a screen all day? Give your eyes a break and follow the 20/20/20 rule. Your eyes will thank you!
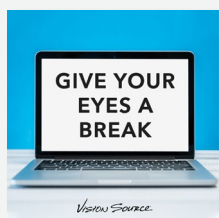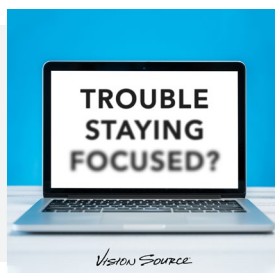


If you're having trouble staying focused, it may be time to give your eyes a rest. A simple way to help reduce eye strain is by following the 20/20/20 Rule: take a break every 20 minutes to look at something 20 feet away for 20 seconds.