

4 lighting tips to improve your comfort while working

1.

Glare can cause back strain?

Yes it's true! When the lights in your office are at the wrong angle, you may have the tendency to adjust your posture to get a better view. Become mindful of how you are sitting and why.

2.

Take 10 20. To give your eyes a much needed break, optometrists recommend following the "20-20-20" rule: For every 20 minutes you stare at your computer, look at a distant object (at least 20 feet away) for 20 seconds.



3.

Shed some light on the subject. Incorporate a task light to mitigate any shadows. Position them 15 inches above your worksurface.

4.

Take your natural light on the side. To avoid glare from nearby windows on your computer screen, position your desk to the side of the window - not in front or behind it.