

OT TIP OF THE WEEK

20-20-20 Rule

I have noticed, with all the screen time, I am getting headaches. I have now set a timer that dings for me every 20 minutes so I can practice the **20-20-20** rule. Since spending long periods looking at a computer, phone, or tablet screens can strain the eyes following the rule can help. 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.

