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Prioritize your eyes: Good monitors for work that put your health first

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Most people spend a lot of time looking at screens. In fact, the average American spends slightly more than seven hours a day using screens — including computer monitors, mobile devices and televisions — [according to DataReportal](#). That number may be even higher for people whose jobs necessitate looking at a computer monitor most of the day, often leading to issues like [computer vision syndrome](#), with sometimes debilitating symptoms.

An ergonomic desk chair, exercises and regular breaks can alleviate some physical strain, but the right monitor may be able to do even more. That's why finding good monitors for work that support health — especially eyes — is critical. Here's what you need to know.

Monitoring your well-being first

Monitor technology that is not designed with your well-being in mind can cause eye strain, migraines and even muscular problems in your back and neck. Naturally, these effects lead to reduced productivity, absenteeism and job dissatisfaction. But more strikingly, [computer blue light](#) is linked to blurred vision, dry eyes, macular degeneration and cataracts. It can even cause significant [sleep issues](#).

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It's possible to mitigate these effects by switching to a monitor with built-in eye protection. Samsung has made eye care a priority in developing a number of unique display technologies, including a blue light filter for its monitors and Flicker Free technology,

Getting rid of the blues

Of all the colors in the visible spectrum, blue light is the most harmful — with effects ranging from blurred vision to permanent vision changes. Blue travels as a high-energy, short-length light wave, and almost all of it travels to your retinas, creating computer vision syndrome. It's also becoming increasingly common, with [one report in the Journal of Optometry](#) showing that 7 out of 10 people studied suffer from the condition.

That's why the latest generation of Samsung monitors, including [Samsung's 49-inch S95UC](#), feature Eye Saver Mode, which actively reduces blue-light emissions. This helps minimize eye strain and prevent long-term problems like phototoxicity, a condition of particularly high light sensitivity in the eyes or skin.

Adapt so you can thrive

Good monitors for work address more than just blue light. Another culprit of eye strain and headaches is screen flicker — common on many desktop monitors but nearly imperceptible to the naked eye. This flicker results from the screen's backlight rapidly turning on and off. You may not notice it happening, but you will notice its effects. A high [monitor refresh rate](#) — the amount of times the screen updates per second — can help reduce eye strain, but above 75Hz, the difference on the eyes is minimal. Samsung Flicker Free technology helps remedy this by producing a constant stream of light.

Most new monitors by Samsung also feature Adaptive Picture technology. Through ambient light sensors, Adaptive Picture continuously assesses the lighting in your workspace and automatically adjusts your screen brightness for more comfortable viewing.

Together, these Intelligent Eye Care features have earned Samsung high-resolution monitors an Intelligent Eye Care certification from the gold-standard TÜV Rheinland.

Physically fit workspaces

Besides the screen, your desktop's physical aspects also contribute to its overall comfort. Samsung monitors' ergonomic design offers height adjustment as well as tilt and swivel flexibility, so sitting in front of the computer is much less taxing on your eyes, neck and spine.

In the right environment, a curved — or even double-wide curved screen, as on Samsung's S95UC — can offer further eye health benefits. That's because the screen imitates the curvature of the human eye and mimics its natural field of vision, so your eyes don't have to work as hard to focus.

Of course, not everyone's [workstation can accommodate](#) a curved monitor, and not every job requires one. For smaller workstations, the [Samsung 24-inch T45F monitor](#) has the same protective eye health features. Its borderless design also makes the screen more immersive to help keep distractions to a minimum.

With the extensive range of high-resolution monitors at Samsung, you can get the job done more comfortably with technology that puts your health — and eyes — first.

Get [your free guide](#) to learn how to transform desktop monitors into production hubs. Also discover how [Samsung ViewInfinity anti-glare monitors](#) improve programmer performance.

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