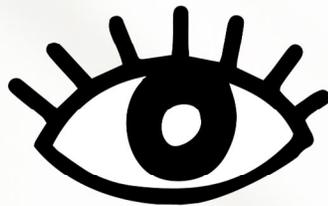




# *Fabiano Brothers*

## "10 10 10 rule"



The "10 10 10 rule" for eyes and digital displays means that every 10 minutes, you should take a 10-second break to look at something 10 feet away, helping to reduce eye strain from prolonged screen time; you can set a timer on your phone or computer to remind you to do this regularly.

**Key points about the 10 10 10 rule:**

**Frequency:** Every 10 minutes.

**Break duration:** 10 seconds

**Focus distance:** Look at something 10 feet away



**How to use the 10 10 10 rule:**

**Set a timer:**

Use your phone or computer to set a reminder to take breaks every 10 minutes.

**Look away:**

When the timer goes off, look at something in the distance (around 10 feet away) for 10 seconds.

**Blink frequently:**

During your break, you can also practice blinking rapidly to refresh your eyes.

**Source:** <https://www.rebuildyourvision.com/>

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