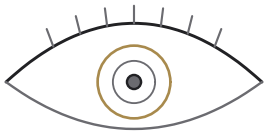
CELLULAR COHERENCE

7-Day Screen Break Log



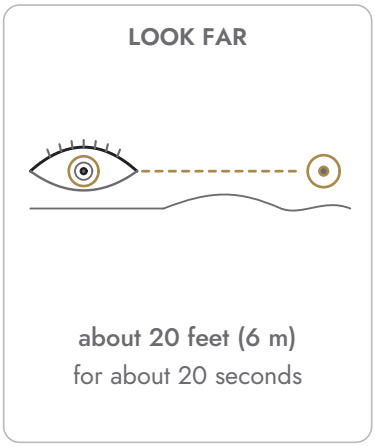
A gentle 20-20-20 practice, and a place to notice what happens.

What this is

This is a seven-day experiment you run on yourself. While you work on a screen, you pause about every 20 minutes, look at something roughly 20 feet away for about 20 seconds, and blink slowly. Then you note how your eyes feel. Blinking tends to drop and become less complete during screen tasks, and eye strain symptoms are common. Whether the 20-20-20 habit itself reduces those symptoms is not settled: small studies disagree. So this log is a way to see what it does for you, with no pressure to get a result.

The 20-20-20 practice

1. Set a repeating 20-minute timer on your phone or computer while you do screen work.
2. When it sounds, pause and look at something about 20 feet (6 m) away, such as out a window or across a room.
3. Hold your gaze there for about 20 seconds. Let your shoulders and jaw soften.
4. Blink slowly and fully a few times. Soft blinks, no squeezing.
5. Return to your work and tick one break box on that day's card.



Safety note

If you have eye pain, a change in your vision, or symptoms that keep coming back or do not ease, see an eye care professional. Do not wait for a log to tell you. This practice is not a treatment for any eye condition and does not replace an eye exam or the right glasses or contact lenses. Stop if anything feels uncomfortable. Education, not medical advice.

How to log

- ☐ Each day, write your rough screen hours and tick a box for every 20-20-20 break you take.
- ☐ Circle eye comfort from 1 (very uncomfortable) to 5 (very comfortable), morning and evening.
- ☐ Write one honest sentence. If nothing changed, write that. It is useful data too.
- ☐ Change only the breaks. Keep lighting, glasses and screen setup as usual.

Your 7-day log

Days 1 to 4. Comfort: 1 = very uncomfortable, 5 = very comfortable.

Day 1

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

_____

_____

Day 2

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

_____

_____

Day 3

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

_____

_____

Day 4

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

_____

_____

Your 7-day log

Days 5 to 7, then a look back.

Day 5

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

Day 6

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

Day 7

Date _____ Screen hours (rough) _____

Eye comfort, morning (1) (2) (3) (4) (5)

Eye comfort, evening (1) (2) (3) (4) (5)

Breaks taken (tick each):

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

One sentence about what I noticed:

After seven days

On days with more breaks, did my eyes feel different by evening? (Or no pattern at all.)

What was easy or hard about taking the breaks?

Would I keep some version of this? Yes / No / Maybe. What would I change?

Reflect, then check the evidence

Prompts for your notes, and what the research does and does not show.

Reflection prompts

When in my day did the breaks feel easiest, and what helped me remember?

Did my eyes feel different on days with more breaks? What else was different?

What would I change next week (timer, spot to look at, break length)?

Evidence at a glance

ESTABLISHED	Reviews report fewer and more incomplete blinks during screen tasks. One 2014 study (25 adults) found a similar blink rate on screen and print, but more incomplete blinks on screen. [1,2]
ESTABLISHED	Digital eye strain (computer vision syndrome) is a described syndrome of eye and vision symptoms. Estimates suggest it may affect 50% or more of computer users. [3]
EMERGING	In 29 symptomatic users, two weeks of 20-20-20 reminders went with less eye strain and dry-eye symptoms, which faded a week after reminders stopped. Tear-film measures did not change. [4]
EMERGING	In 30 young adults on a tablet, 20-second breaks every 5, 10 or 20 minutes did not change symptoms. A 2025 study (24 young adults) found less strain with frequent or self-paced breaks. Mixed. [5,6]
SPECULATIVE	That blue-light glasses relieve eye strain. A 45-trial review found low-certainty evidence that they did not help. Not promoted here. [7]

Sources

[1] Kamøy B, Magno M, Nøland ST, et al. Video display terminal use and dry eye: preventive measures and future perspectives. Acta Ophthalmol. 2022;100(7):723-739.

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[3] Sheppard AL, Wolffsohn JS. Digital eye strain: prevalence, measurement and amelioration. BMJ Open Ophthalmol. 2018;3(1):e000146.

[4] Talens-Estarelles C, Cerviño A, García-Lázaro S, et al. The effects of breaks on digital eye strain, dry eye and binocular vision: testing the 20-20-20 rule. Cont Lens Anterior Eye. 2022;101744. doi:10.1016/j.clae.2022.101744

[5] Johnson S, Rosenfield M. 20-20-20 rule: are these numbers justified? Optom Vis Sci. 2023;100(1):52-56.

[6] Redondo B, Jiménez R, Vera J, Rosenfield M. The impact of break schedules on digital eye strain symptoms and ocular accommodation during prolonged near work. Exp Eye Res. 2025;258:110463.

[7] Singh S, McGuinness MB, Anderson AJ, et al. Interventions for the management of computer vision syndrome: a systematic review and meta-analysis. Ophthalmology. 2022 (PMID 35597519).

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