

Dear [Recipient's Name],

In today's digital age, it's essential to take care of our eyes, especially during prolonged screen time. Here are some tips to help protect your vision:

- **20-20-20 Rule:** Every 20 minutes, take a 20-second break and look at something 20 feet away.
- **Adjust Screen Brightness:** Make sure your screen brightness matches the lighting in your environment.
- **Use Proper Lighting:** Avoid harsh overhead lighting and ensure that your workspace is well-lit.
- **Maintain Distance:** Keep your screen about an arm's length away from your eyes.
- **Use Anti-Reflective Screens:** Consider using screen filters to reduce glare.
- **Stay Hydrated:** Drink plenty of water to keep your eyes moist.

Implementing these tips can greatly benefit your eye health. Remember to schedule regular eye check-ups and consult your eye care professional if you notice any changes in your vision.

Sincerely,
[Your Name]