

Unintentional habits make your eyes grow more and more

Even if you have or have not been close, you can still raise your eyes. The following habits are the cause of this situation and need to change right away!

People often consider the eyes to be the window of each person's soul. Each of our happy and sad emotions is easy to express through the eyes that make the opposite person aware.

However, today young people do not know how to protect their eyes, making the rate of people with myopia increase. The following habits in life are the cause of this situation and you should remove them immediately to protect your eyesight!

1. 15 difficult to say only those who wear glasses close to understand
2. 6 "golden habits" help the eyes not increase

1. Play the phone every night

Picture 1 of Unintentional habits make your eyes grow more and more

Today, with the development of technology, it is not difficult to own a smartphone. That's why phones are more and more popular with most of us, especially young people. Many people who have a habit of using the phone at night before going to bed to surf Facebook or watch movies, this is a very harmful habit and greatly affects our eyes and sleep. When we use the phone at night, the blue light of the phone will greatly affect our health, especially the eyes that can make our eyes close or increase the level of the eyes, heavier than cataract patients.

2. Watch movies continuously for a long time

Picture 2 of Unintentional habits make your eyes grow more and more

If you are one of the followers of the movie, this situation will happen often. However, this habit is extremely harmful to the health of the eyes, because we watch movies continuously for many hours, without eyes having the time to rest makes eyes prone to aches and pains. Over time, this habit will make eyesight deteriorate. Therefore, to protect our eyes, we should now change the habit of watching movies and let our eyes rest more.

3. Read books in a lying position

Picture 3 of Unintentional habits make your eyes grow more and more

Many people have a habit of lying down to read books to avoid back pain, but this habit affects the eyes a lot. When we read while reading, our eyes had to be raised to look. In this position, the eyes cannot access enough light and the distance to the page is equal. If this happens too often, you will likely experience an increase in the number of deviations between your eyes.

4. Subjective in wearing glasses close

Picture 4 of Unintentional habits make your eyes grow more and more

Glasses are an eye aid that helps the eyes see clearly and adjust the eyesight of the eyes. Those who are severely short-sighted without glasses will affect vision far away, thus hindering their work and daily life difficulties. Myopia eyes want to see clearly the object must be brought close to the eyes, much closer than normal people, especially when myopia is medium and heavy (from 3 diameters or more). Therefore, wearing close-up glasses often helps the eye's function to return to almost normal people, looking far away but also not close to the eyes, especially when traveling on the street, watching radio is essential . Therefore, to protect your eyes and limit your levels, remember to wear glasses every time you need to work or go out.

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