



# **The Vision Defense Software User Guide**

*Protect your eyes against the harmful effects of computer use*

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## Near-Point Stress and Computer Vision Syndrome

The American Optometric Association reports that a leading cause of myopia (nearsightedness) is too much near-vision work. Here is an excerpt from its Web site:

“Nearsightedness is a very common vision condition that affects nearly 30 percent of the U.S. population. Some evidence supports the theory that nearsightedness is hereditary. There is also growing evidence that **nearsightedness may be caused by the stress of too much close vision work**. It normally first occurs in school-age children. Because the eye continues to grow during childhood, nearsightedness generally develops before age 20.”

-American Optometric Association

It is also reported that Computer Vision Syndrome or “CVS” affects almost 90% of the 143 million Americans who work on a computer each day. The symptoms of Computer Vision Syndrome include:

- Headaches
- Loss of focus
- Burning/tired eyes
- Double/blurred vision
- Neck and shoulder pains

One of the best ways to prevent the damaging affects of near-point stress and Computer Vision Syndrome is to briefly look away from your computer screen every 10 to 20 minutes. This allows the internal components of your eyes to relax and reduces the stress and strain that can cause vision problems.

The Vision Defense Software provides you with reminder prompts to briefly look away from the screen at specific time intervals that you select. You may choose to display the prompts in any one of the four corners of your screen. The Vision Defense prompts look like this:



When these prompts occur, the software also reminds you to perform certain tasks that help reduce computer vision problems. These reminders include suggestions like blinking frequently to keep your eyes moist (looking at a computer screen reduces blink rates), relaxing your shoulders when typing and taking a break from your computer at least once per hour.

You can also customize up to 20 different messages to remind yourself to perform certain activities throughout the day, such as lifting your legs off the floor to strengthen your abdominal muscles or drinking a glass of water every hour. The Vision Defense Software is fully customizable to your needs and desires.

## Setup

Instructions for installing the Vision Defense Software are located at [http://www.rebuildyourvision.com/vision\\_defense\\_download.html](http://www.rebuildyourvision.com/vision_defense_download.html).

Should you require additional assistance installing the software you can contact [question@rebuildyourvision.com](mailto:question@rebuildyourvision.com).

After you install the software, there will be an icon on your desktop that looks like this:

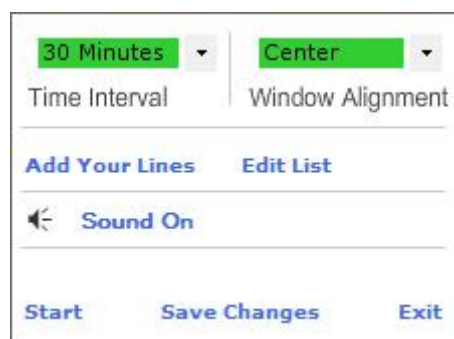


Double-click this icon to open the Vision Defense Software user interface.

You can also **click** the Vision Defense icon in your systray (lower right corner of your screen) and select "Settings."



This is where you can start the software and choose your options. It will look like this:



## Time Interval

Here you can choose how often you would like the prompt to be displayed:

- Every 10 minutes
- Every 20 minutes
- Every 30 minutes
- Every 40 minutes
- Every 50 minutes
- Every 60 minutes

At Rebuild Your Vision, we teach the “10-10-10” rule to reduce the damaging effects of near-point stress and Computer Vision Syndrome.

### **The “10-10-10” Rule**

Every 10 minutes that you are performing a near-point activity (computer, reading, etc.) look away from the screen, book or paper at something at least 10 feet away for 10 seconds.

**10 minutes-10 feet-10 seconds.**

Focusing at a distance beyond 10 feet allows the internal components of your eye to relax and reduces the strain, tension and potentially permanent damage that can be caused by near-point activities and computer use.

For this reason, we recommend the message delay time be set at 10 minutes which is the default. If you find this is too often for you, you can set it for a longer delay time.

## Window Alignment

Here you can choose where you would like your prompt to be displayed on your screen:

- Left – Top
- Right – Top
- Left – Bottom
- Right – Bottom
- Center

Most people choose Left – Bottom or Right – Bottom to begin. The software default is Center.

After using the Vision Defense software for awhile, you may notice that you become accustomed to the prompts and do not notice them. Setting the prompt to the Center default will ensure the prompt is noticed, as it is displayed on the center of your screen.

### **Sound Off/Sound On**

Each time the prompt is displayed you have the option of hearing a subtle tone along with it. This helps to provide recognition in case you do not notice the visual prompt itself. The tone volume is controlled by the volume setting of your computer speaker(s).

The default option is to have the tone enabled to ensure you are alerted to the prompt. You can choose to disable the sound by clicking the "Sound On." You can re-enable the sound by clicking "Sound Off."

### **Add Your Lines**

The Vision Defense Software is preloaded with six messages that are displayed in the prompts. These messages are displayed in succession as the prompts occur at the time intervals you have selected.

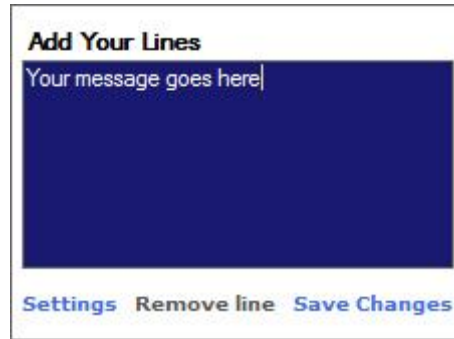
So not only does the prompt remind you to briefly look away from the computer screen, but also the messages remind you to perform certain activities that will also help to prevent near-point stress and Computer Vision Syndrome.

You can also add up to 20 personalized messages to remind yourself to perform certain activities while at your computer throughout the day. For example, you may want to remind yourself to drink a glass of water once an hour, perform 20 push-ups, or stretch your back.

To add a customized message, click the "Add your lines" link in the middle of the user interface. This will bring you to a screen that looks like this:



Click inside the blue box and type your message.



Once you have completed typing your message, click the "Save Changes" link at the bottom of the display. This will take you back to the main settings screen.

You can now choose to add another message by clicking the "Add your lines" link again and repeating the same steps.

You can also edit or remove any of your messages by clicking on the "Edit List" link and then clicking on the message that you would like to edit or remove.

Once you have completed adding or editing your messages, click the "Save Changes" link.

**Note:** The six Vision Defense default messages will appear in sequence, followed by the customized messages you have added. After all the default messages and customized messages have been displayed, the sequence will begin again. You cannot delete or change the default messages.

## **Save Changes**

Clicking "Save Changes" will save all of your changes and start the software.

## **Start**

Clicking "Start" will start the software, but it will not save any of your settings.

## **Exit**

Click "Exit" to shut the software down.

## **To Uninstall**

1. Make sure you have exited out of the Vision Defense Software and it is shut down.
2. Click "Start" in the lower left corner of your computer screen.
3. Click "Control Panel."
4. Double-click "Add or Remove Programs."
5. Scroll down until you find "Vision Defense Software."
6. Click "Vision Defense Software" and then click "Remove." This will uninstall the Vision Defense Software.

# Three Computer Workstation Tips

## 1) Monitor Madness

Repositioning your monitor is an easy and effective way to avoid awkward head or eye movements. It should be squarely in front of you at a distance of 18 to 28 inches, with the top of the monitor (not the screen) level with your eyes.

You may also have to adjust the angle of your monitor to allow your eyes to remain in a natural position (straight ahead and slightly down). The ideal viewing angle is 10 to 20 degrees below your eye level.

Remember, too, to place any copy you are working with at the same level as the screen; document holders that attach to the side of your monitor can be purchased at any office supply store.

## 2) Glare Care

Modifying your office lighting will eliminate glare and harsh reflections. First, find the source of the glare: is it coming from a window, task light, or the computer screen itself?

Adjust blinds or curtains to minimize sunlight. Turn down overhead lights so that the brightness of the screen and the surrounding room are balanced. Do not, however, work in the dark: the contrast between computer-generated light and lack of background light strains the eyes.

Task lights should be positioned to provide direct light for reading and other office work but should not shine directly on the computer. Use a monitor glare screen or hood, change your monitor position, adjust your brightness/contrast controls, and use a larger text size, as display legibility is an important factor in visual performance. And get out those paper towels! A dusty, dirty screen can contribute to eye fatigue.

The American Optometric Association also notes that workers over 50 years of age require twice the light levels of young adults for comfortable work.

## 3) Exercise Your Eyes

One of the best ways to stretch your focusing muscles is by exercising your eyes. This not only helps to relieve the stress and strain that builds while using a computer or reading, but it can also improve your vision and reverse your vision problems.

To learn more about the Rebuild Your Vision Natural Vision Improvement Program and how you can improve your vision naturally, go to [www.rebuildyourvision.com](http://www.rebuildyourvision.com).

## **Your Vision – for Life**

Your vision is one of the most precious senses you have been given. If treated correctly, it can last a lifetime. The Vision Defense Software is one of many key elements to a healthy visual system.

To learn more about improving your vision naturally, visit our Web site at [www.rebuildyourvision.com](http://www.rebuildyourvision.com).

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The information contained within this user guide is not a substitute for professional optometric or ophthalmologic eye care. Consult your optometrist or ophthalmologist for any vision-related problems.