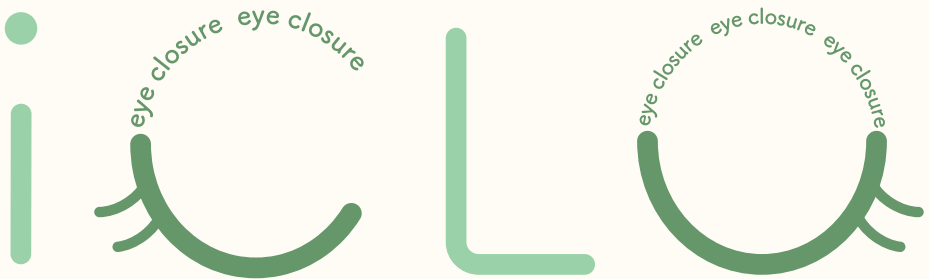


Recommendation for New Eye Habit



Are there times in your
daily life when you just
keep your eyes open but,
don't actually need to
use them?



What is iCLO?

These days, people are up-close viewing for drastically longer periods of time. Especially when you gaze at a computer screen for many hours a day, it causes symptoms called Computer Vision Syndrome, such as eye strain, dry eye, headache, stiff neck, shoulders, and lower back strain.

To protect your eyes, we'd like to introduce a new method: iCLO.

For example, there are times when you are viewing a screen such as on a computer or a cell phone, and are not even focusing on the screen while in thought or as some other distraction occurs.

For this type of circumstance, we recommend that you just close your eyes. We have termed this "iCLO"⁽¹⁾.

We coined "iCLO" as a term derived from a concatenation of "eye closure".

iCLO is defined as a method wherein one "actively closes one's eyes even for a short period in a safe environment, when they would otherwise just be idly open and when there would be no detriment caused by closing one's eyes".

How to Practice iCLO

You can practice iCLO whenever you like.

Although your eyes are closed during iCLO, thought oriented work can be continued without the use of your eyes.

iCLO becomes most effective as a continual practice since the time you rest your eyes accumulates and results as a significant benefit.

Daily Scenarios Where You Can Practice iCLO

1 iCLO working



When employees who use computers were asked to practice iCLO, approximately 5% of their total work time was occupied by iCLO.

2 iCLO surfing the net



iCLO could be practiced when there are repeated images, or under circumstances that only requires listening and not vision.

3 iCLO playing video games



iCLO while you are waiting for a system start, restart or when switching screens.

4 iCLO taking a bath



iCLO where you have personal space and time such as bathroom.

Advantages of Practicing iCLO

Merit

iCLO can improve eye discomfort such as dry-eye, eye strain and blurred vision.



Computer Vision Syndrome can be improved.

Practicing iCLO will increase your frequency of blinking.

Your labor productivity may improve.

ZERO cost

You can do anywhere, even in a small space.

Safety Tips for iCLO

- ※ Check the safety of your surroundings, and inform people around you in advance.
- ※ When wearing contact lenses, only blink slowly.
- ※ If you are a minor, practice iCLO responsibly such as with an adult nearby.

Conclusion

iCLO is a new method to rest eyes, and keep them healthy. It helps to protect your eyes from Computer Vision Syndrome, and improve performance in daily life by limiting overwhelming visual information. Let's start iCLO now!



Start iCLO as a new eye habit

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