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**Those who use multiple screens, keep eyes and neck safe in long run
11 tips here**

- 1**
Sit at least 5ft away from nearest screen
- 2**
Keep centre of upper half of screen at eye level
- 3**
Keep brightness minimum and switch on bluelight filter

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- 4**
Blink ur eyes deliberately often and use caaboxymethylcellulose (after consultation) eye drops twice or thrice a day
- 5**
Place main screen in the middle to minimise neck movement
- 6**
Use chair with neck support and lumbar back
- 7**
Use HD screen minimum and preferably QHD

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- 8**
Use all monitors with same display depth
- 9**
Use one CPU with multiple monitors for better control
- 10**
Keep the screen which use for brokers terminal farthest, stare less at PnL live
- 11**
Do not eat heavy food/oily snack inbetween which tire u and impact focus

