Twitter Thread by Aneesh Philomina Antony (ProdigalTrader)



Aneesh Philomina Antony (ProdigalTrader)
@ProdigalTrader



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

1/3

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

2/3

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