

Twitter Thread by [Aneesh Philomina Antony \(ProdigalTrader\)](#)



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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
- 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

