



**CALIFORNIA STATE SCIENCE FAIR
2010 PROJECT SUMMARY**

Name(s) Jose B. Chayet	Project Number J1303
Project Title Dry Eyes and Computers	
Abstract Objectives/Goals The goal of this project was to investigate if while using the computer there is a higher incidence of a human having a dry eye. Methods/Materials 17" MacBook Pro (with hidden video camera) People Counter Timer Shirmer Test Exam Strips Results It turned out that when using the computer the human eye will blink up to 400% less than in a normal environment. The lack of blinking will create a lack of moisture in the eye. A lack of moisture in the eye will create a dry eye. The Shirmer test exam backed up this conclusion by stating that the eye is with more moisture when not using the computer than when using the computer. Conclusions/Discussion It can be concluded that when using the computer the average human will be blink less and have a higher chance of having a dry eye. There are many pre-cautions to this. Instead of using the computer for an hour non-stop, you should take breaks every thirty minutes and try to blink as much as you can during that break. YOU should also move the monitor to more of an obtuse angle so it is not as hard on your eyes. The most important thing however is to remind yourself to blink while using the computer.	
Summary Statement My project is about trying to see if there is a higher incidence of a dry eye while using the computer	
Help Received Dr. ALex Lichtinger and Dr. Leon helped me in doing the Shirmer Test Exam because I was not able to perform such an exam on subjects.	