Computer User Questionnaire

Many people experience a variety of symptoms after working at their computer for some period of time. Surprisingly, many don't relate those symptoms directly to using the computer. Instead, they mistakenly attribute headaches and tired eyes to overall stress at work, rather than to visual fatigue that can be alleviated simply with the proper eyewear prescription.

If you experience any of these symptoms, please indicate the level of discomfort below:

Symptom	*Mild*	*Moderate*	*Severe*
Headaches during or after working at the computer	____	____	____
Overall bodily fatigue or tiredness	____	____	____
Burning eyes	____	____	____
Distance vision is blurry when looking up from the computer	____	____	____
Dry, tired or sore eyes	____	____	____
Squinting helps when looking at the computer	____	____	____
Neck, shoulders, or back pain	____	____	____
Double vision	____	____	____
Letters on the screen run together	____	____	____
Driving/night vision is worse after computer use	____	____	____
"Halos" appear around objects on the screen	____	____	____
Need to interrupt work frequently to rest eyes	____	____	____

If you experience any of these symptoms, we offer a new type of eyewear lens that can eliminate the symptoms and dramatically improve your comfort level when working on a computer. These eyewear lenses result from new technology developed specifically for computer users. Our office has been trained and certified to pass this exciting technology on to you.

Please give this questionnaire to the Doctor for an explanation of how these eyewear lenses can help you.

Patient name: _____ Date: _____