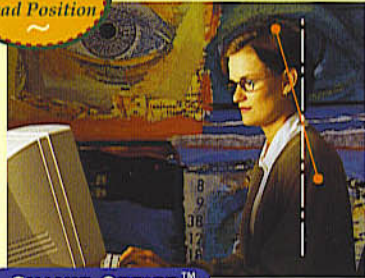
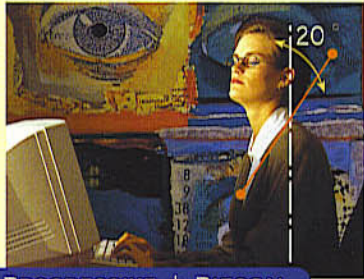


Natural  
Head Position



SHAMIR OFFICE™

*Shamir Office lenses are specifically designed for computer work in an office environment. When you use them you enjoy clear vision from about 1.3 feet to approximately 10 feet away\*. Shamir Office lenses also help you maintain proper posture.*



PROGRESSIVE + BIFOCAL

*If you use progressive or bifocal lenses, you lift your head 20° when you work on a computer, because you must look through the intermediate and lower lens areas. As a result, you're straining your neck and shoulder muscles – two of the most common Computer Vision Syndrome symptoms.*



SINGLE VISION

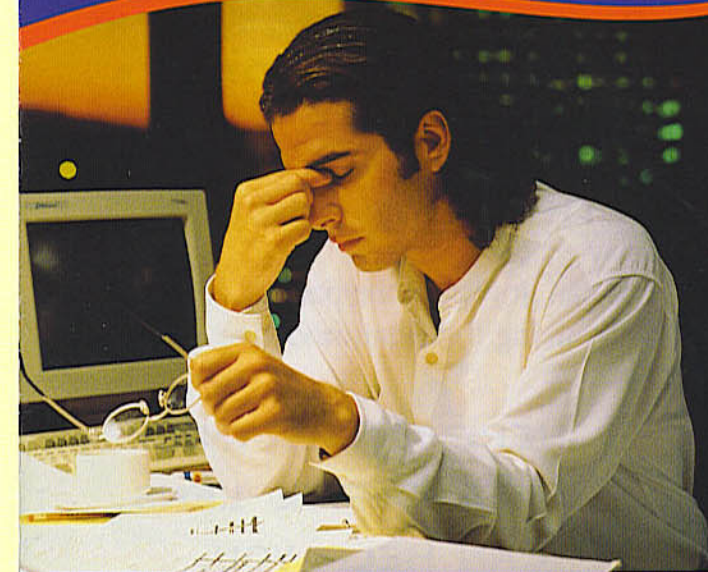
*If you use reading glasses while working on a computer, you sometimes lower your head as much as 45°. Lowering your head like this, creates posture, eye muscle and neck problems.*

*\*Midrange vision varies depending upon the prescription.*

### IMPORTANT TIPS FOR WORKING ON A COMPUTER:

- Always wear your SHAMIR OFFICE glasses when working on the computer.
- Make sure the screen is positioned below eye level.
- Blink your eyes as often as possible.
- Take a 15 minute break every 2 hours.
- Sit on an adjustable chair that provides firm, comfortable support.
- Make sure that the back of your chair supports your lower back.

For further information visit our website  
[www.shamirlens.com](http://www.shamirlens.com)



## SUFFERING FROM COMPUTER VISION SYNDROME?

- |                       |                      |
|-----------------------|----------------------|
| ● NECK PAIN           | ● BACK PAIN          |
| ● HEADACHES           | ● LIGHT SENSITIVITY  |
| ● EYESTRAIN           | ● DRY EYES           |
| ● BLURRED VISION      | ● SORE OR TIRED EYES |
| ● BURNING OR RED EYES | ● COLOR DISTORTION   |



Shamir Insight, Inc.  
ReCreating Perfect Vision™



OFF-CON-SIL-03-2



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