

Monitor Ergonomics + the 20/20/20 Rule

The Cornell + OSHA + AAO baseline for an 8-hour-friendly screen setup

Top of screen at or just below eye level

Cornell Human Factors lab consensus: monitor center should sit $\sim 15^\circ$ below horizontal eye line. Top edge \approx pupil height for most users. Higher monitors cause neck extension and chronic upper-trapezius load.

Distance: \sim arm's length (50–70 cm)

OSHA recommends 20–40 inches (50–100 cm) from the eyes. Bigger monitors push the lower bound up — for a 27" 4K display, 70 cm is the comfort sweet spot.

The 20/20/20 rule (AAO)

Every 20 minutes of screen work, look at something 20 feet (6 meters) away for 20 seconds. The lens muscles relax, blink rate normalizes, and dry-eye symptoms drop. Free, evidence-based, and the AAO's #1 eye-strain recommendation.

Two monitors? Center the dominant one

If you split work across two displays, put the one you use most directly in front of you. Off-center primary monitor is the #1 cause of chronic neck rotation pain in dual-display setups.

Brightness \approx surrounding wall

Match monitor brightness to your room's wall brightness — not maxed out. The eye constantly re-adapts when the screen is much brighter than the surround, and that's the eye-fatigue mechanism people misattribute to blue light.

VESA mount > stock stand

If your monitor's stand can't independently adjust height + tilt + swivel, a \$40 VESA arm fixes that in 5 minutes. Almost every monitor over 24" supports the standard 100×100mm pattern.