

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 eye wear prescription.

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

<i>Symptom</i>	<i>Mild</i>	<i>Moderate</i>	<i>Severe</i>
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 eye wear 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.

Please give this questionnaire to Dr. Hulet for an explanation of how these eye wear lenses can help you.

Patient name: _____ Date: _____