



VISION WELLNESS GUIDE

The Clear Vision Lifestyle

Simple daily habits to support eye comfort, screen balance and visual wellness.

A modern routine for screen-heavy days, digital focus, visual pauses, hydration, light, rest and consistent care with Vivid Essence.



Your eyes work all day. Give them rhythm, support and recovery.

Your eyes need a daily care routine.

Your eyes work all day. In a screen-heavy world, they need more than occasional rest — they need a daily care routine.



Screen rhythm

Technology is part of modern life. The goal is not to avoid every screen, but to create a smarter rhythm around them.



Visual comfort

Small pauses, better lighting and hydration can help support eye comfort through demanding digital days.



Consistency

Clear vision living is not one perfect habit. It is a repeatable routine that supports your eyes before they feel overloaded.

Start here: this guide helps you build a practical routine for screens, rest, light, hydration and Vivid Essence when it is part of your daily plan.

Your eyes in the digital age

Modern routines ask a lot from the eyes: computers, phones, meetings, messages, streaming, reading and late-night scrolling.

This does not mean digital life is the enemy. It means your visual routine needs more intention. Long screen periods, artificial light, dry environments, low hydration and poor sleep can all make the day feel heavier for your eyes.

Vivid Essence belongs inside this broader care mindset. It is not a replacement for rest, healthy habits or professional eye care when needed. It is a supportive part of a more conscious routine.

A better approach

Care for your eyes before the end-of-day overload appears. Build small visual breaks into the rhythm of the day.



What this guide will help you do

The goal is simple: help you create a clear, realistic and screen-balanced routine that feels easy enough to repeat.



Understand your screen load

Notice how digital work, scrolling, lighting and long focus periods shape how your eyes feel by evening.



Create visual pauses

Use short resets to give your eyes a different distance, a slower rhythm or no task at all.



Improve light and setup

Adjust brightness, reflections, posture and desk flow so your environment feels easier to work in.



Hydrate with intention

Make water visible and connect hydration to your screen breaks instead of waiting until the day feels dry and heavy.



Wind down at night

Reduce late visual stimulation and create a calmer transition from screens to rest.



Use Vivid Essence wisely

When Vivid Essence is part of your routine, use it according to directions and combine it with daily wellness habits.



Your practical goal: choose a few habits that fit your real life, then repeat them across screen-heavy days.

The Screen-Life Reality

Screens are not leaving your routine. The stronger strategy is learning how to work with them in a way that feels more balanced, more intentional and easier on your eyes.

Technology can stay. The routine needs rhythm.



| The digital overload pattern

Most screen fatigue routines do not begin with one dramatic mistake. They build from small choices repeated from morning to night.

Screen overload pattern

- Looking at the phone immediately after waking.
- Working for hours without a visual break.
- Using brightness that does not match the room.
- Forgetting water during long digital work blocks.
- Taking breaks from the computer by scrolling on the phone.
- Using screens until the moment of sleep.

Clear vision lifestyle pattern

- Starting the day with a slower digital entry.
- Taking short visual pauses before overload appears.
- Adjusting light, reflection and screen comfort.
- Keeping water visible near your workspace.
- Resting eyes away from every screen.
- Using Vivid Essence as directed, when part of the routine.





The 20-20-20 visual reset

A visual reset is a small way to remind your eyes that the screen is not the only distance they should work with.

How to practice it

- 1 Every 20 minutes, pause your screen attention for a moment.
- 2 Look at something about 20 feet away.
- 3 Stay there for around 20 seconds.
- 4 Breathe slowly and relax your face, jaw and shoulders.
- 5 Return to your work with a clearer rhythm.

Keep it simple

This is not a treatment claim. It is a practical pause habit that can support more conscious screen use during long digital days.

| Where Vivid Essence fits



PRODUCT ROUTINE NOTE

Vivid Essence can be part of a broader daily vision care routine.

Use it according to the product directions and combine it with hydration, screen breaks, balanced meals, proper lighting, sleep and regular professional eye care when needed.

The strongest routine is not built around one product alone. It is built around repeated habits that support your digital lifestyle from morning to evening.

Best use mindset: Vivid Essence supports the routine. It does not replace healthy habits, rest, exams or professional guidance when needed.



Hydration, Light and Visual Comfort

The way your workspace feels matters. Water, light, reflections, posture and screen distance can all shape how comfortable your digital day becomes.

Your environment can either support or strain your routine.



Hydration for screen-heavy days

When the day is full of work, meetings and tabs, water is often forgotten until the body starts asking for attention.

Hydration is not only a wellness habit. It is part of the daily foundation for a better screen routine. Keep it visible, easy and connected to moments you already repeat.

- 1 Keep a water bottle beside your laptop.
- 2 Drink water before the second coffee.
- 3 Use screen breaks as hydration reminders.
- 4 Notice dry environments, air conditioning or long meetings.
- 5 Pair Vivid Essence with the broader care routine when it is part of your plan.



Anchor habit: every visual pause can also become a water pause.

Light matters more than you think

Lighting does not need to be perfect to be better. Small adjustments can make a long digital day feel more balanced.

Match brightness to the room

A very bright screen in a dark room can feel harsh. A dim screen in bright light can make you work harder than necessary.

Reduce direct reflections

Move the screen, angle the laptop or shift the light source when glare keeps pulling your attention.

Use natural light wisely

Daylight can make the workspace feel clearer, but direct sun on a screen may create too much contrast.

Prepare the evening

Lower brightness and reduce visual stimulation as the day moves toward rest.



Practical reminder: the right light is the one that lets you work without forcing your eyes to constantly adapt.



Your desk setup for visual ease

A screen-balanced workspace should help your body and eyes settle into a more comfortable position.

Simple setup checks

- Keep the screen at a comfortable height.
- Give your eyes enough distance from the display.
- Use side or indirect light when possible.
- Place water within reach.
- Reduce clutter that keeps pulling attention.
- Schedule visual pauses instead of relying on memory.

Do not overcomplicate it

Your setup does not need to look like a studio. It needs to make the next hour of screen use feel a little easier.

Rest Your Eyes Before They Ask for It

The best visual break is not always the one you take after overload. It is the small pause that helps you protect the rhythm before the day gets heavy.

Rest is stronger when it becomes preventive.



Micro-pauses that protect your rhythm

A good pause does not need to be long. It needs to give your eyes and attention a different kind of input.



Look outside

Shift your gaze to a window, a hallway or a farther object before returning to the screen.



Close your eyes

Give your eyes a few quiet seconds with no visual task and no notification.



Move briefly

Stand, walk for a minute or reset your shoulders to break the static screen posture.



Drink water

Use the pause to hydrate instead of adding another digital stimulus.



Switch task type

Alternate digital tasks with planning, writing, organizing or a short offline action.



Repeat often

One pause is helpful. A repeated pause rhythm is what changes the feel of the day.

Practice cue: before opening a new tab, pause your eyes for a few seconds and breathe.

The no-screen break

A real screen break means giving your eyes a different kind of task — or no task at all.

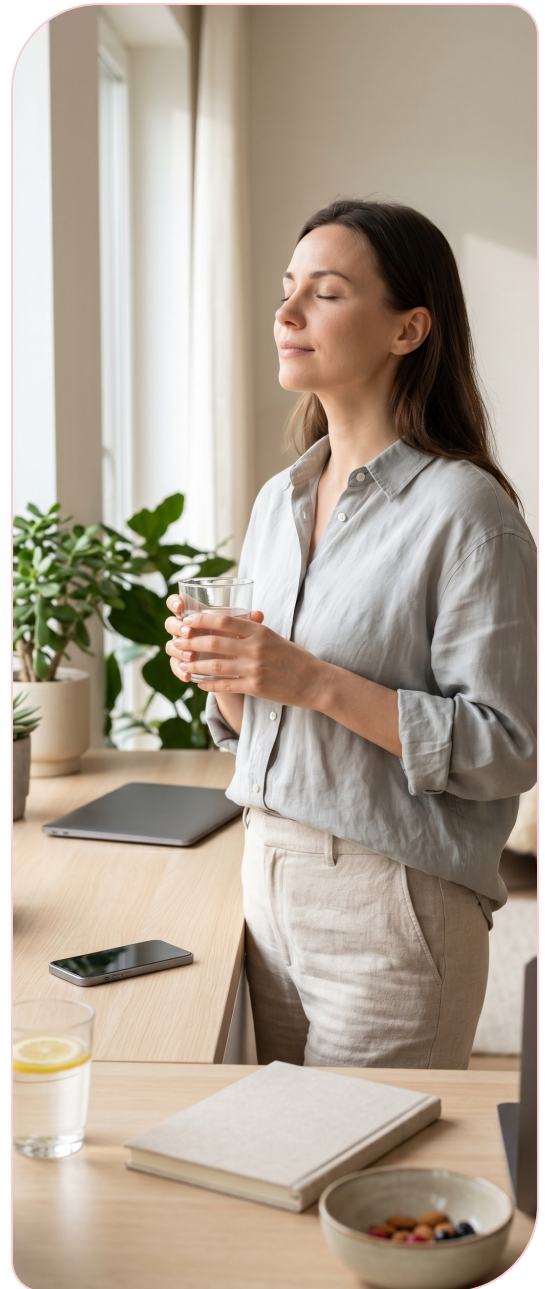
Many people step away from the computer and immediately pick up the phone. The body may be standing, but the eyes are still working in the same digital pattern.

Try this instead

- Drink water without holding your phone.
- Walk without checking notifications.
- Eat lunch away from the screen.
- Listen to audio without watching the device.
- Take three slow breaths with your eyes closed.

Small but powerful

A no-screen break is not about disappearing from work. It is about giving your eyes a real change of rhythm.



| Evening screen wind-down

Your evening routine can help your eyes and mind receive a clearer signal that the digital day is ending.



Reduce brightness

Lower screen intensity as the room gets darker and avoid extreme contrast before bed.

End infinite scrolling

Choose a stopping point instead of letting the feed decide how long your eyes keep working.

Move the phone away

Charge it outside the bed or place it farther from reach to reduce late-night checking.

Prepare for rest

Create a calmer transition with hygiene, a dim room, a quiet task or tomorrow's simple plan.



Evening mindset: less visual noise at night can help the whole routine feel more intentional.

Nourish Your Vision Routine

Eye wellness fits inside a larger wellness routine. Food, hydration, rest and consistency all help create a more supportive lifestyle for screen-heavy days.

Support the routine from the inside and outside.





Build an eye-supportive plate

A visual wellness routine is not only what happens at the screen. It also includes the daily choices that support overall well-being.

A balanced plate may include

- Colorful vegetables.
- Leafy greens.
- Fruit in a simple, balanced way.
- Sources of healthy fats.
- Protein to support a steady routine.
- Water across the day.

Keep the language realistic

This is not about promising vision changes. It is about building a meal routine that supports daily wellness and consistency.

Consistency over occasional care

Eye wellness is not built by one perfect habit. It is supported by the small routines you repeat across screen-heavy days.

Do not wait for discomfort

Care feels easier when it becomes preventive, not only a reaction to a difficult day.

Use simple triggers

Pair a visual pause with water, a meeting ending, lunch, a task switch or the start of a new focus block.



Morning

Start without rushing into the smallest screen. Drink water and let the day begin with more space.

Workday

Break long screen sessions with visual resets, better light and real no-screen pauses.

Evening

Reduce visual stimulation and let rest become part of your vision care lifestyle.

Vivid Essence reminder: if it is part of your routine, consistency matters more than using it as an isolated response to a hard day.

7-day Clear Vision Lifestyle Reset

Use this week to observe your screen rhythm and build a simple visual care routine you can repeat.

Day 1 — Notice your screen rhythm

Observe when your eyes feel most tired and which devices dominate your day.

Day 2 — Add the 20-20-20 reset

Insert short visual pauses during work or study blocks.

Day 3 — Hydrate your workspace

Keep water visible beside the screen and use pauses as reminders.

Day 4 — Build your product routine

Use Vivid Essence according to the product directions, when it is part of your routine.

Day 5 — Adjust your lighting

Reduce glare, match brightness to the room and soften evening contrast.

Day 6 — Create a no-screen pause

Take at least one real break away from computer and phone.

Day 7 — Design your routine

Choose three habits to repeat next week.



Your Clear Vision Routine by Time

Choose the version that fits the day you actually have. A useful routine should be flexible enough to survive real life.

5-minute version

- Drink water.
- Look away from the screen.
- Adjust brightness.
- Stretch neck and shoulders.
- Use Vivid Essence as directed, if part of the routine.

15-minute version

- Take a no-screen pause.
- Drink water.
- Walk briefly.
- Adjust light and posture.
- Reorganize the next digital task.

30-minute version

- Take a full screen break.
- Eat a balanced meal or snack.
- Hydrate.
- Walk or rest visually.
- Reduce visual stimulation at night.



No perfect timing required: the best plan is the one you can actually repeat when the day gets busy.

| Quick checklist

Use this checklist at the end of a screen-heavy day or before starting a long work block.

☐ Did I take visual pauses today?

☐ Did I look away from the screen several times?

☐ Did I drink water throughout the day?

☐ Did I adjust brightness and lighting?

☐ Did I take at least one pause without my phone?

☐ Did I use Vivid Essence according to the directions, if part of my routine?

☐ Did I reduce screens before sleeping?

☐ Did I care for my eyes before overload appeared?

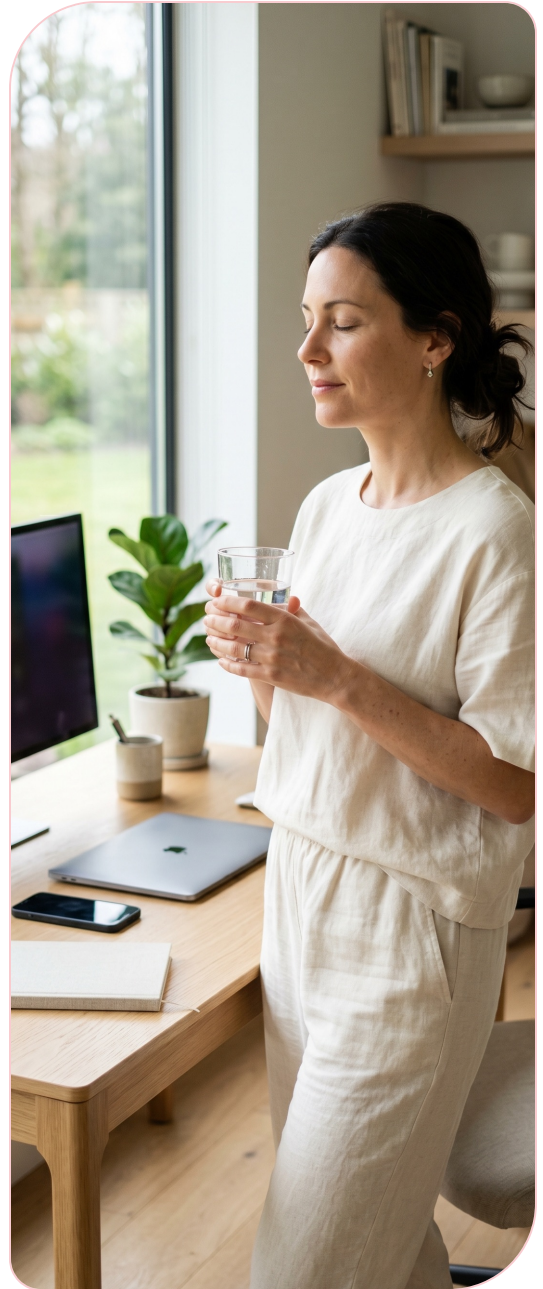
Use it lightly: this checklist is not a scorecard. It is a reminder to return to the basics.

When your eyes feel overloaded

When the digital routine feels heavy, reduce stimulation and return to the basics.

Fallback routine

- 1 Pause for a few minutes.
- 2 Look at something far away.
- 3 Drink water.
- 4 Reduce screen brightness.
- 5 Stay off the phone during the pause.
- 6 Walk for two minutes.
- 7 Close your eyes briefly.
- 8 Return with a lighter task.



Important note

Persistent discomfort, pain, vision changes or recurring symptoms should be evaluated by a qualified eye care professional.

| Key takeaways

Clear vision living is about creating a better relationship with the screens, light and habits that shape your day.



Digital life needs balance

The routine can stay productive without asking your eyes to work without pauses.



Small pauses matter

Short visual breaks can help create a healthier rhythm across long screen sessions.



Hydration supports the basics

Water is a simple foundation that belongs inside any screen-heavy wellness routine.



Light changes the experience

Brightness, glare and evening contrast can influence how comfortable the digital day feels.



No-screen means no screen

A real break is not moving from laptop to phone. It is giving your eyes a different task.



Vivid Essence supports the routine

Use it as directed and combine it with rest, meals, hydration, light and regular care habits.

Main message: preventive care becomes stronger when it becomes normal, repeatable and connected to your lifestyle.

| Clear vision living starts small

Your eyes are part of everything you do — work, reading, connection, learning and rest.



A digital world needs rhythm

Clear vision living begins with small habits that give your eyes support and recovery throughout the day.

Start before discomfort

You do not need to wait until your eyes feel tired to create a better screen routine.

Your next step

Choose one habit from this guide: a visual pause, a glass of water, better light, a no-screen break or your Vivid Essence routine according to the product directions. Repeat it tomorrow.

START TODAY

Build your Clear Vision Lifestyle.

Choose one habit from this guide — a screen break, a glass of water, better lighting or a no-screen pause — and repeat it every day this week.

Vivid Essence reminder: When Vivid Essence is part of your routine, use it according to the product directions and combine it with hydration, screen breaks, balanced meals, proper lighting, sleep and regular eye care habits.

