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(57) Abstract :

ABSTRACT Smart Eye Protection Device for Digital Screen Work The present disclosure introduces a smart eye protection device for digital screen work designed to mitigate the adverse effects of prolonged digital screen use on ocular health. It comprises of proximity sensor 102, ambient light sensor 104, microcontroller 106 and USB port 108. This device seamlessly integrates a proximity sensor 102 and an ambient light sensor 104, working in conjunction with a microcontroller 106. The proximity sensor 102 detects user activity, triggering an automated eye protection mechanism after 20 minutes of continuous screen use. Simultaneously, the ambient light sensor 104 adjusts screen brightness based on real-time environmental conditions. The microcontroller 106 orchestrates these functions, ensuring the implementation of the 20-20-20 rule, promoting regular breaks, and reducing eye strain. REFRENCE FIG 1

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