

Digital Device Use, Computer Vision Syndrome, and Sleep Quality among Saudi Arabia's Undergraduate Population

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ABSTRACT

Study design: Cross sectional

Background: Computers and visual display terminals are now an essential part of both our personal and professional lives thanks to phenomenal advancements in technology. Universities make substantial use of computers as a teaching and learning tool. Medical professionals can now access tools like medication formularies and medical calculators on their smart phones while holding textbooks. This necessitates reflection on the possible harmful health conditions that digital natives' increased screen time.

Methods: Data for this cross-sectional study were gathered using a specially designed questionnaire that included demographic questions as well as questions about CVS and sleep disorders. After the group of experts had several conversations, a questionnaire was created. A language expert, a researcher, and a subject specialist made up this panel.

Result: We had 60% prevalence of CVS, we did not observe any significant differences while comparing gender with 20-20 rules.

Conclusion: In summary, a significant number of college students have both poor sleep quality and CVS. This is a serious public health concern that requires consideration.

Key words: Computer, Vision, Syndrome, Sleep, Diseases

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