Assignment 12

1. Describe the different types of light.
   - sunlight, fluorescent, incandescent

2. How can you reduce eye strain?
   - Take frequent breaks, use eye exercises

3. What are the benefits of taking a short break?
   - Reduced eye strain, improved focus

4. What are the different types of lenses?
   - convex, concave, bifocal

5. What are the symptoms of myopia?
   - blurry vision, difficulty reading

6. How do glasses help with myopia?
   - refract light to focus on retina

7. What are the different types of glasses?
   - single vision, progressive

8. How does light interact with the eye?
   - light enters through pupil, is focused by lens

9. What are the different types of light sources?
   - artificial, natural

10. What are the benefits of natural light?
    - promotes better mood, reduces eye strain

11. How can you reduce glare from computer screens?
    - use anti-glare filters, adjust screen brightness

12. What are the symptoms of astigmatism?
    - Double vision, poor peripheral vision

13. What are the treatments for myopia?
    - glasses, contact lenses, LASIK

14. How do glasses help with astigmatism?
    - correct for the irregular shape of the cornea