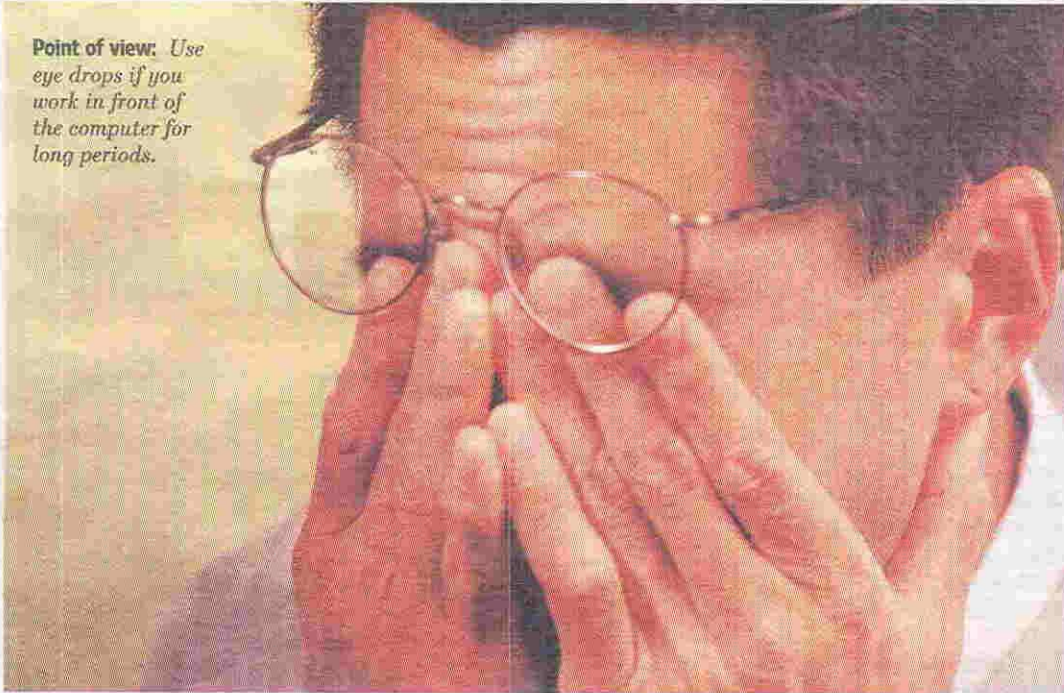


Point of view: Use eye drops if you work in front of the computer for long periods.



A guide to pleasing your peepers

Your eyes are often the first to get exhausted—aching for sleep, or red and watery and begging for a break. Here's what you can do to improve eye stamina