

What is the best height to adjust your computer monitor?

The rule of thumb for setting up your computer monitor is to set the top of the monitor at or below eye height.

At this height, your eyes are looking slightly downwards to read from the display.

It has been shown that a gaze angle of at least 15 degrees below horizontal eye height is a comfortable gaze direction¹, especially if you are working from the computer for extended periods of time.



I've adjusted the monitor height, but it still doesn't feel right.



Ask someone to check that the height is correct for you *WHILE* you are working.

We tend to slump when sitting. If you adjust the monitor thinking that you always sit up "tall", then your computer monitor may be too high for you.

Help! My computer monitor is on a fixed stand and I can't lower it any further.



If possible, replace the fixed stand with an articulated monitor arm. Then you might be able to lower the monitor to a more comfortable height.

My monitor is a very large format. I've lowered it, but the top of the display is still above my eye height.



Arrange your work so that the tasks/programs you work on most frequently are located on the lower portion of the monitor. Then your eyes will be looking in a downwards gaze.

My laptop display is below eye height. Now I have a sore neck from tipping my head forward.



Attach an external mouse and keyboard to your laptop. Then place the laptop on a laptop stand (or prop it on some books) so that the laptop display is higher (but not above eye height).

I use a sit-stand workstation. Should I adjust the monitor differently?



Adjust the monitor so that the top is at, or below, eye height when you are sitting AND standing at your workstation.

Recent evidence suggests that we may need to lower the computer monitor (relative to the workstation surface) when we sit at our workstation, compared to when we stand to work.² This is due to changes in our spinal posture and alignment (i.e. slumping while sitting).

References:

1. Human Factors (2000) 42(1): 140-150
2. Ergonomics (2019) 62(12) 1515-1523



PO Box 645 Katoomba NSW 2780 · +61 (0) 409 951 802
jlong@visualergonomics.com.au · www.visualergonomics.com.au

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