

But better is not always _____. In order to look good, fonts today are made _____. And blurry letters are hard to focus on.

I use crisp letters or simple font rendering because it makes it _____ for my eyes to focus on the letters. Finally, I want to give you some tips which _____ on you not on some software.

Place your PC so the window in the room is _____ or right to you. Behind you is bad because you will see a double _____, and in front of you is bad because you'll look directly at the Sun.

Prefer mate over glossy _____. Mate screens have coatings for anti-reflection. With a glossy screen, you will see a double image and reflections because the screen is like a _____.

Yawn more. At _____, I thought I should blink more, but yawning is actually better and is contagious.

My last tip for you is something like an _____: from time to time, stand up from your PC and look at distant objects. Looking at distant objects will help your eyes to relax _____, and you'll feel way less eye strain.

1. What motivated Daniel Georgiev to create the "Iris" software?

- A. A desire to improve computer screen technology
- B. Being told by a doctor he needed to wear glasses
- C. A passion for developing eye protection tools
- D. Experiencing constant eye pain while working

2. According to the speaker, why are reading and using computers unnatural for humans?

- A. Computers are too complex to understand
- B. We are naturally designed to look at distant objects
- C. Reading requires too much concentration
- D. Monitors are too bright for human eyes

3. What is the main problem with monitor flickering that affects our eyes?

- A. It makes screens look unattractive
- B. It increases energy consumption
- C. Lower flicker frequencies cause more eye pain
- D. It prevents manufacturers from selling monitors

4. How does blue light impact human sleep patterns?

- A. It has no effect on sleep
- B. It helps people fall asleep faster
- C. It controls the secretion of melatonin
- D. It makes people more alert at night

5. What advice does Daniel Georgiev give about computer screen positioning?

- A. Always place the computer in front of a window

- B. Avoid placing the computer behind you
- C. Use glossy screens for better visibility
- D. Keep the screen at maximum brightness

6. What does the speaker recommend to reduce eye strain?

- A. Blinking more frequently
- B. Yawning more often
- C. Looking at distant objects periodically
- D. Using anti-glare glasses

7. How does the speaker describe modern font rendering?

- A. Always improving visual quality
- B. Completely healthy for eyes
- C. Made intentionally blurry
- D. Designed for maximum readability