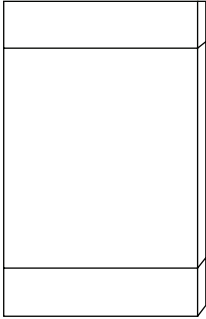


# EYE STRAIN



Gadgets to Eliminate  
Tech Health Problems

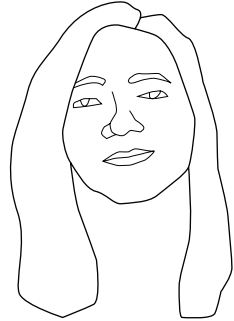
# EYE STRAIN REDUCING GLASSES



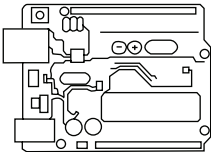
cardboard



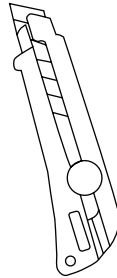
ruler



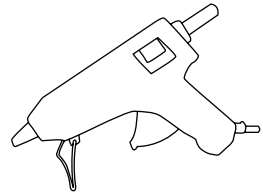
head



arduino x2



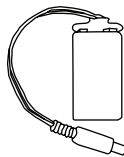
x-acto knife



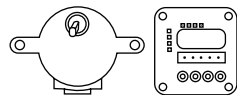
glue gun



glasses

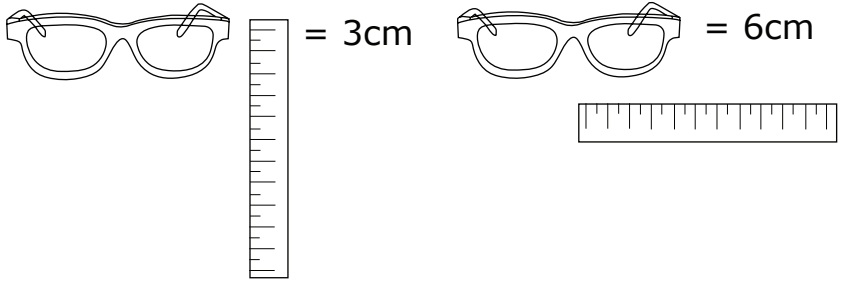


5v battery x2

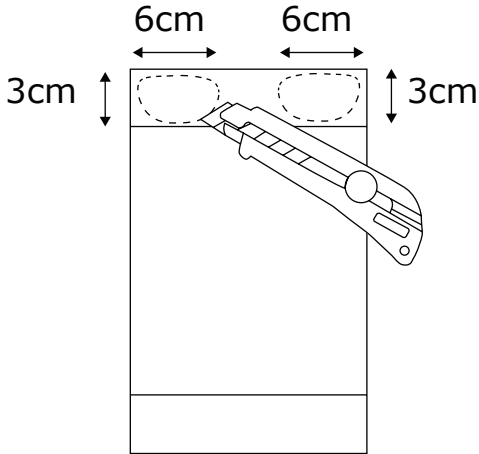


DC motors + shield x2

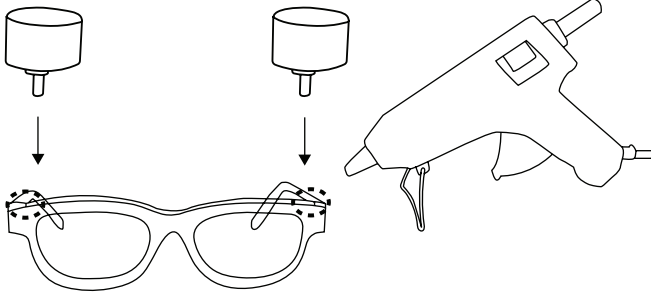
**1**



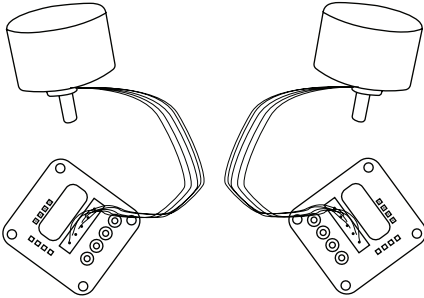
**2**



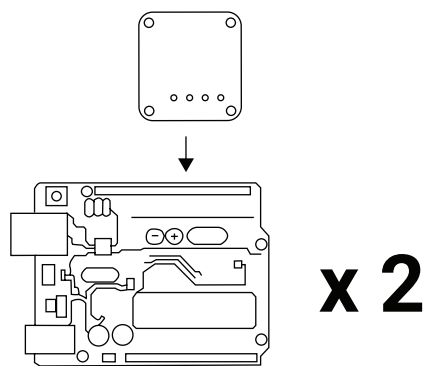
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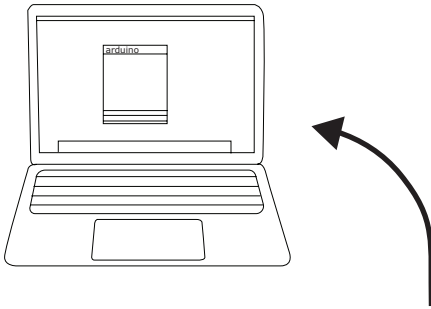
**4**



**5**



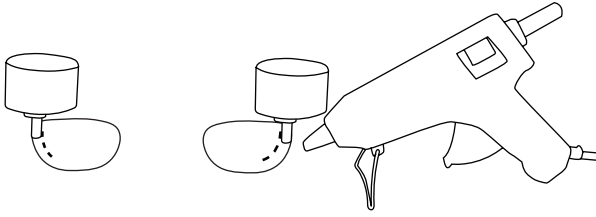
# 6



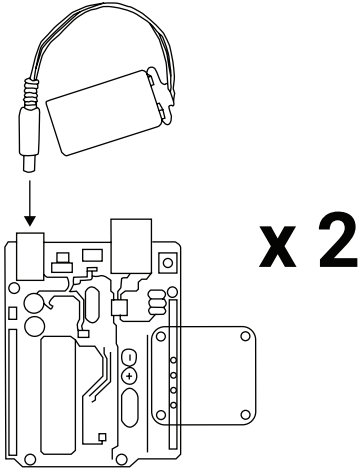
```
/*  
Motor Shield 1-Channel DC Motor Demo  
by Randy Sarafan  
For more information see:  
https://www.instructables.com/id/Arduino-Motor-Shield-Tutorial/  
*/
```

```
void setup() {  
  
  //Setup Channel A  
  pinMode(12, OUTPUT); //Initiates Motor Channel A pin  
  pinMode(9, OUTPUT); //Initiates Brake Channel A pin  
  
}  
  
void loop(){  
  
  //forward @ full speed  
  digitalWrite(12, HIGH); //Establishes forward direction of Channel A  
  digitalWrite(9, LOW); //Disengage the Brake for Channel A  
  analogWrite(3, 255); //Spins the motor on Channel A at full speed  
  
  delay(3000);  
  
  digitalWrite(9, HIGH); //Engage the Brake for Channel A  
  
  delay(1000);  
  
  //backward @ half speed  
  digitalWrite(12, LOW); //Establishes backward direction of Channel A  
  digitalWrite(9, LOW); //Disengage the Brake for Channel A  
  analogWrite(3, 123); //Spins the motor on Channel A at half speed  
  
  delay(3000);  
  
  digitalWrite(9, HIGH); //Engage the Brake for Channel A  
  
  delay(1000);  
  
}
```

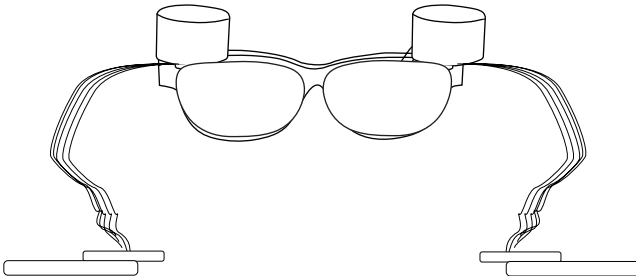
**7**



**8**



**9**



# EYE STRAIN REDUCING GLASSES



## **About CTP:**

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

### **For more information visit:**

*website:*

centerfortechpain.com

*instagram:*

centerfortechpain

*twitter:*

centertechpain