

# Five zones of vision

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<b>Zone 5</b>	Driving or playing golf
<b>Zone 4</b>	Watching television or seeing bus numbers
<b>Zone 3</b>	Looking at the speedometer or computer work
<b>Zone 2</b>	Reading a newspaper or using a mobile phone
<b>Zone 1</b>	Reading a small label or threading a needle

Source: DR NATASHA LIM  
STRAITS TIMES GRAPHICS