LCD monitor benefits

You've seen them at work and at the computer store. Your friend, the tech geek, has one at home. Those new thin and stylish LCD computer monitors are everywhere. In fact, LCD monitors are now outselling traditional CRT computer monitors because they have become so affordable. But beyond just looking cool and freeing up a large chunk of desk space, LCD monitors are actually better for you and your health.

**LCD vs. CRT**

How do they make LCD monitors so thin? This radical change in the shape and size of monitors results from using a display technology entirely different from traditional computer monitors.

Just like traditional televisions, CRTs (cathode ray tubes) are clunky contraptions of magnets, tubes, and beams shooting electrons forward to light up red, green, and blue phosphors as they pass through the screen and toward you. The technology in the newer LCD (liquid crystal display) monitors is a more sophisticated version of the display technology found in digital watches, a fine mesh of tiny crystals displaying different colors when electrified.

**Better for your desk**

The result is a monitor that can be a few inches thick instead of a couple of feet, saving an incredible amount of desk space. Since most homes don’t have roomy locations devoted to the family computer (maybe on a desk in the living room or wedged into the corner of a spare bedroom), saving space is always a great idea.

And LCD monitors can be moved closer to the wall, increasing desk space by at least two square feet, which is bigger than it sounds. Many LCDs can even be mounted on a wall, eliminating the “footprint” entirely.

**Better for you**

But LCD monitors are not just better for your desk, they’re better for you and your health. Staring at a CRT bombards you with the radiation of three electron beams that are continually refreshing the entire screen 60 to 85 times each second. There’s a reason that so many people have radiation shields for their monitors!

And although your brain doesn’t register the constant refreshing, your eyes do, and they have to work harder to absorb the information. LCD monitors don’t refresh in this way. Pixels are constantly on or off, which greatly reduces eye fatigue and strain. Finally, an LCD monitor weighs 20 to 25 pounds less than a CRT, saving your back when you need to move it.