


# Specifications of Dell G16 7630

## Dimensions and weight

The following table lists the height, width, depth, and weight of your Dell G16 7630.



**Table 2. Dimensions and weight**

| Description   | Values                |
|---|-----------------------|
| Height:   |                       |
| Front height  | 20.20 mm (0.79 in.)   |
| Rear height   | 24.90 mm (0.98 in.)   |
| Width   | 356.98 mm (14.05 in.) |
| Depth   | 288.73 mm (11.37 in.) |
| Weight<br> <b>NOTE:</b> The weight of your computer depends on the configuration ordered and manufacturing variability. | 2.73 kg (6.01 lb)     |

## Processor

The following table lists the details of the processors supported by your Dell G16 7630.

**Table 3. Processor**

| Description   | Option one   | Option two   | Option three                                       | Option four  |
|---|--|--|--|--|
| Processor type  | 13 <sup>th</sup> Generation Intel Core Ci5-13450HX | 13 <sup>th</sup> Generation Intel Core Ci7-13650HX | 13 <sup>th</sup> Generation Intel Core Ci7-13700HX | 13 <sup>th</sup> Generation Intel Core Ci9-13900HX |
| Processor wattage   | 55 W   | 55 W   | 55 W   | 55 W   |
| Processor total core count  | 10   | 14   | 16   | 24   |
| Performance-cores   | 6  | 6  | 8  | 8  |
| Efficient-cores   | 4  | 8  | 8  | 16   |
| Processor total thread counts   | 16   | 20   | 24   | 32   |
|  <b>NOTE:</b> Intel® Hyper-Threading Technology is only available on Performance-cores.  |  |  |  |  |
| Performance-cores frequency   |  |  |  |  |
| Processor base frequency  | 2.40 GHz   | 2.60 GHz   | 2.10 GHz   | 2.20 GHz   |
| Maximum turbo frequency   | Up to 4.60 GHz                                     | Up to 4.90 GHz                                     | Up to 5 GHz  | Up to 5.40 GHz                                     |
| Efficient-cores frequency   |  |  |  |  |
| Processor base frequency  | 1.80 GHz   | 1.90 GHz   | 1.50 GHz   | 1.60 GHz   |
| Maximum turbo frequency   | 3.40 GHz   | 3.60 GHz   | 3.70 GHz   | 3.90 GHz   |
|  <b>NOTE:</b> Processor clock speeds and thermal design power differ according to the thermal mode selected in the My Dell app on your computer. |  |  |  |  |
| Processor cache   | 20 MB  | 24 MB  | 30 MB  | 36 MB  |
| Integrated graphics   | Intel UHD Graphics                                 | Intel UHD Graphics                                 | Intel UHD Graphics                                 | Intel UHD Graphics                                 |

## Chipset

The following table lists the details of the chipset supported by your Dell G16 7630.

**Table 4. Chipset**

| Description    | Values  |
|----------------|---|
| Chipset        | HM770   |
| Processor      | 13 <sup>th</sup> Generation Intel Core i5/i7/i9 |
| DRAM bus width | 64-bit  |
| Flash EPROM    | 32 MB   |
| PCIe bus       | Up to Gen4                                      |

# Operating system

Your Dell G16 7630 supports the following operating systems:

- Windows 11 Professional, 64-bit
- Windows 11 Home, 64-bit
- Ubuntu 20.04 LTS, 64-bit

# Memory

The following table lists the memory specifications of your Dell G16 7630.

**Table 5. Memory specifications**

| Description                     | Values   |
|---------------------------------|--|
| Memory slots                    | Two-SODIMM slots   |
| Memory type                     | Dual-channel DDR5  |
| Memory speed                    | 4800   |
| Maximum memory configuration    | 32 GB  |
| Minimum memory configuration    | 8 GB   |
| Memory size per slot            | 8GB, 16 GB   |
| Memory configurations supported | <ul style="list-style-type: none"><li>• 8 GB, 1 x 8 GB, DDR5, 4800 MHz</li><li>• 16 GB, 1 x 16 GB, DDR5, 4800 MHz</li><li>• 16 GB, 2 x 8 GB, DDR5, 4800 MHz, dual-channel</li><li>• 32 GB, 2 x 16 GB, DDR5, 4800 MHz, dual-channel</li></ul> |

# External ports

The following table lists the external ports of your Dell G16 7630.

**Table 6. External ports**

| Description        | Values  |
|--------------------|---|
| Network port       | One RJ-45 port  |
| USB ports          | <ul style="list-style-type: none"><li>• Three USB 3.2 Gen 1 ports</li><li>• One Thunderbolt 4 port with DisplayPort, for computers shipped with an NVIDIA GeForce RTX 4070 graphics card</li><li>• One USB-C 3.2 Gen 2 port with DisplayPort, for computers shipped with an NVIDIA GeForce RTX 3050/4050/4060 graphics card</li></ul> |
| Audio port         | One Universal audio jack  |
| Video port         | One HDMI 2.1 port   |
| Media-card reader  | Not applicable  |
| Power-adaptor port | One 7.4 mm x 5.1 mm power-adaptor port  |

**Table 6. External ports (continued)**

| Description         | Values        |
|---------------------|---------------|
| Security-cable slot | Not supported |

## Internal slots

The following table lists the internal slots of your Dell G16 7630.

**Table 7. Internal slots**

| Description | Values   |
|-------------|--|
| M.2         | <ul style="list-style-type: none"> <li>● One M.2 2230 slot for WiFi and Bluetooth combo card</li> <li>● Two M.2 2230/2280 slots for solid-state drives (SSDs) in the following configurations:               <ul style="list-style-type: none"> <li>○ One M.2 2230 SSD</li> <li>○ One M.2 2280 SSD</li> <li>○ Two M.2 2230 SSDs</li> <li>○ Two M.2 2280 SSDs</li> </ul> </li> </ul> <p><b>NOTE:</b> To learn more about the features of different types of M.2 cards, search in the Knowledge Base Resource at <a href="http://www.dell.com/support">www.dell.com/support</a>.</p> |

## Ethernet

The following table lists the wired Ethernet Local Area Network (LAN) specifications of your Dell G16 7630.

**Table 8. Ethernet specifications**

| Description   | Values   |
|---------------|--|
| Model number  | <ul style="list-style-type: none"> <li>● Killer E3100 PCI-e Gigabit ethernet controller, for computers shipped with an NVIDIA GeForce RTX 4070 graphics card</li> <li>● Realtek RTL8111H PCI-e Gigabit ethernet controller, for computers shipped with an RTX 3050/4050/4060 graphic card</li> </ul> |
| Transfer rate | <ul style="list-style-type: none"> <li>● E3100: 100/1000 Mbps</li> <li>● RTL8111H: 10/100/1000 Mbps</li> </ul>   |

## Wireless module

The following table lists the Wireless Local Area Network (WLAN) module specifications of your Dell G16 7630.

**Table 9. Wireless module specifications**

| Description               | Option one      | Option two      | Option three         |
|---------------------------|-----------------|-----------------|----------------------|
| Model number              | Intel AX201     | Killer 1650i    | Intel AX211          |
| Transfer rate             | Up to 2400 Mbps | Up to 2400 Mbps | Up to 2400 Mbps      |
| Frequency bands supported | 2.40 GHz/5 GHz  | 2.40 GHz/5 GHz  | 2.40 GHz/5 GHz/6 GHz |

**Table 9. Wireless module specifications (continued)**

| Description        | Option one   | Option two   | Option three  |
|--------------------|--|--|---|
| Wireless standards | <ul style="list-style-type: none"> <li>• WiFi 802.11a/b/g</li> <li>• Wi-Fi 4 (WiFi 802.11n)</li> <li>• Wi-Fi 5 (WiFi 802.11ac)</li> <li>• Wi-Fi 6 (WiFi 802.11ax)</li> </ul> | <ul style="list-style-type: none"> <li>• WiFi 802.11a/b/g</li> <li>• Wi-Fi 4 (WiFi 802.11n)</li> <li>• Wi-Fi 5 (WiFi 802.11ac)</li> <li>• Wi-Fi 6 (WiFi 802.11ax)</li> </ul> | <ul style="list-style-type: none"> <li>• WiFi 802.11a/b/g</li> <li>• Wi-Fi 4 (WiFi 802.11n)</li> <li>• Wi-Fi 5 (WiFi 802.11ac)</li> <li>• Wi-Fi 6E (WiFi 802.11ax)</li> </ul> |
| Encryption         | <ul style="list-style-type: none"> <li>• 64-bit/128-bit WEP</li> <li>• AES-CCMP</li> <li>• TKIP</li> </ul>   | <ul style="list-style-type: none"> <li>• 64-bit/128-bit WEP</li> <li>• AES-CCMP</li> <li>• TKIP</li> </ul>   | <ul style="list-style-type: none"> <li>• 64-bit/128-bit WEP</li> <li>• AES-CCMP</li> <li>• TKIP</li> </ul>  |
| Bluetooth          | Bluetooth 5.2  | Bluetooth 5.2  | Bluetooth 5.3   |

## Audio

The following table lists the audio specifications of your Dell G16 7630.

**Table 10. Audio specifications**

| Description                | Values                                       |
|----------------------------|--|
| Audio controller           | Realtek ALC3204                              |
| Stereo conversion          | Supported                                    |
| Internal audio interface   | High definition audio                        |
| External audio interface   | Universal audio jack                         |
| Number of speakers         | Two  |
| Internal-speaker amplifier | Supported                                    |
| External volume controls   | Keyboard shortcut controls                   |
| Speaker output:            |  |
| Average speaker output     | 2 W  |
| Peak speaker output        | 2.5 W  |
| Subwoofer output           | Not supported                                |
| Microphone                 | Digital-array microphones in camera assembly |

## Storage

This section lists the storage options on your Dell G16 7630.

**Table 11. Storage specifications**

| Storage type               | Interface type    | Capacity   |
|----------------------------|-------------------|------------|
| M.2 2230 solid-state drive | PCIe NVMe Gen4 x4 | Up to 1 TB |
| M.2 2280 solid-state drive | PCIe NVMe Gen4 x4 | Up to 2 TB |

# Keyboard

The following table lists the keyboard specifications of your Dell G16 7630.

**Table 12. Keyboard specifications**

| Description        | Values  |
|--------------------|---|
| Keyboard type      | <ul style="list-style-type: none"> <li>One-zone RGB backlit keyboard</li> <li>Cherry RGB per key mechanical keyboard</li> </ul>   |
| Keyboard layout    | QWERTY  |
| Number of keys     | <ul style="list-style-type: none"> <li>United States and Canada: 85keys</li> <li>United Kingdom: 86 keys</li> <li>Japan: 89 keys</li> </ul>   |
| Keyboard size      | X=19.05 mm key pitch<br>Y=19.05 mm key pitch  |
| Keyboard shortcuts | <p>Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. To type the alternate character, press Shift and the desired key. To perform secondary functions, press Fn and the desired key.</p> <p><b>NOTE:</b> You can define the primary behavior of the function keys (F1–F12) changing <b>Function Key Behavior</b> in BIOS setup program.</p> |

## Keyboard shortcuts

**NOTE:** Keyboard characters may differ depending on the keyboard language configuration. Keys that are used for shortcuts remain the same across all language configurations.







Some keys on your keyboard have two symbols on them. These keys can be used to type alternate characters or to perform secondary functions. The symbol shown on the lower part of the key refers to the character that is typed out when the key is pressed. If you press shift and the key, the symbol shown on the upper part of the key is typed out. For example, if you press **2**, **2** is typed out; if you press **Shift + 2**, **@** is typed out.

The keys F1-F12 at the top row of the keyboard are function keys for multi-media control, as indicated by the icon at the bottom of the key. Press the function key to invoke the task represented by the icon. For example, pressing F1 mutes the audio (refer to the table below).





However, if the function keys F1-F12 are needed for specific software applications, multi-media functionality can be disabled by pressing **fn + Esc**. Subsequently, multi-media control can be invoked by pressing **fn** and the respective function key. For example, mute audio by pressing **fn + F1**.

**NOTE:** You can also define the primary behavior of the function keys (F1–F12) by changing **Function Key Behavior** in BIOS setup program.

**Table 13. List of keyboard shortcuts**







| Keys  | Description   |
|---|---|
|  +  | Launch Windows Connect to display connected Bluetooth devices |
|  +  | Adjust keyboard backlight brightness                          |
|  +  | Switch to external display                                    |

**Table 13. List of keyboard shortcuts (continued)**

| Keys  | Description                 |
|---|-----------------------------|
|  | Disable/enable Game Shift   |
|  | Decrease display brightness |
|  | Increase display brightness |
|  | Disable/enable touchpad     |





Your computer comes with pre-programmable macro keys that enable you to perform multiple actions with a single key press.

**Table 14. List of Macro keys**

| Keys  | Description  |
|---|--|
|    | Macro keys<br> <b>NOTE:</b> You can configure modes and assign multiple tasks for the macro keys on the keyboard. |
|    |  |
|    |  |
|    |  |
|  |  |

Your computer comes with dedicated keys that enable you to control audio features of the computer with a single key press.

**Table 15. List of keys to control audio features**

| Keys  | Description     |
|---|-----------------|
|  | Mute microphone |
|  | Mute speakers   |
|  | Increase volume |
|  | Decrease volume |

## Camera

The following table lists the camera specifications of your Dell G16 7630.

**Table 16. Camera specifications**

| Description       | Values        |
|-------------------|---------------|
| Number of cameras | One           |
| Camera type       | HD RGB camera |
| Camera location   | Front camera  |

**Table 16. Camera specifications (continued)**

| Description             |             | Values                    |
|-------------------------|-------------|---------------------------|
| Camera sensor type      |             | CMOS sensor technology    |
| Camera resolution:      |             |                           |
|                         | Still image | 0.92 megapixel            |
|                         | Video       | 1280 x 720 (HD) at 30 fps |
| Diagonal viewing angle: |             | 78.6 degrees              |

## Touchpad

The following table lists the touchpad specifications of your Dell G16 7630.

**Table 17. Touchpad specifications**

| Description          |            | Values   |
|----------------------|------------|--|
| Touchpad resolution: |            |  |
|                      | Horizontal | 1229   |
|                      | Vertical   | 749  |
| Touchpad dimensions: |            |  |
|                      | Horizontal | 105 mm (4.13 in.)  |
|                      | Vertical   | 65 mm (2.55 in.)   |
| Touchpad gestures    |            | For more information about touchpad gestures available on: <ul style="list-style-type: none"> <li>Windows, see the Microsoft knowledge base article at <a href="https://support.microsoft.com">support.microsoft.com</a></li> <li>Ubuntu, see <a href="https://ubuntu.com/support">ubuntu.com/support</a></li> </ul> |


## Power adapter

The following table lists the power adapter specifications of your Dell G16 7630.

**Table 18. Power adapter specifications**

| Description               | Option one         | Option two         |
|---------------------------|--------------------|--------------------|
| Type                      | 240 W              | 330 W              |
| Connector dimensions:     |                    |                    |
| External diameter         | 7.40 mm (0.29 in.) | 7.40 mm (0.29 in.) |
| Internal diameter         | 5.10 mm (0.20 in.) | 5.10 mm (0.20 in.) |
| Power-adapter dimensions: |                    |                    |
| Height                    | 25.40 mm (1 in.)   | 43 mm (1.69 in.)   |
| Width                     | 100 mm (3.94 in.)  | 100 mm (3.94 in.)  |
| Depth                     | 200 mm (7.87 in.)  | 200 mm (7.87 in.)  |


**Table 18. Power adapter specifications (continued)**

| Description  |           | Option one                     | Option two                     |
|--|-----------|--------------------------------|--------------------------------|
| Input voltage  |           | 100 VAC x 240 VAC              | 100 VAC x 240 VAC              |
| Input frequency  |           | 50 Hz x 60 Hz                  | 50 Hz x 60 Hz                  |
| Input current (maximum)  |           | 3.50 A                         | 4.40 A                         |
| Output current (continuous)  |           | 12.31 A                        | 16.92 A                        |
| Rated output voltage   |           | 19.50 VDC                      | 19.50 VDC                      |
| Temperature range:   |           |                                |                                |
|  | Operating | 0°C to 40°C (32°F to 104°F)    | 0°C to 40°C (32°F to 104°F)    |
|  | Storage   | -40°C to 70°C (-40°F to 158°F) | -40°C to 70°C (-40°F to 158°F) |
|  <b>CAUTION:</b> Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components. |           |                                |                                |

## Battery

The following table lists the battery specifications of your Dell G16 7630.

**Table 19. Battery specifications**

| Description  |           | Option one  | Option two  |
|--|-----------|---|---|
| Battery type   |           | 6-cell, 56 WHr, Lithium-ion, ExpressChargeBoost   | 6-cell, 86 WHr, Lithium-ion, ExpressChargeBoost   |
| Battery voltage  |           | 11.40 VDC   | 11.40 VDC   |
| Battery weight (maximum)   |           | 0.25 Kg (0.56 lb)   | 0.34 kg (0.75 lb)   |
| Battery dimensions:  |           |   |   |
|  | Height    | 7.56 mm (0.30 in.)  | 7.56 mm (0.30 in.)  |
|  | Width     | 77.70 mm (3.06 in.)   | 77.70 mm (3.06 in.)   |
|  | Depth     | 295.20 mm (11.62 in.)   | 295.20 mm (11.62 in.)   |
| Temperature range:   |           |   |   |
|  | Operating | <ul style="list-style-type: none"> <li>Charge: 0°C to 50°C (32°F to 122°F)</li> <li>Discharge: 0°C to 60°C (32°F to 140°F)</li> </ul> | <ul style="list-style-type: none"> <li>Charge: 0°C to 50°C (32°F to 122°F)</li> <li>Discharge: 0°C to 60°C (32°F to 140°F)</li> </ul> |
|  | Storage   | -20°C to 65°C (-4°F to 149°F)   | -20°C to 65°C (-4°F to 149°F)   |
| Battery operating time   |           | Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.                       | Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.                       |
| Battery charging time (approximate)  |           | <ul style="list-style-type: none"> <li>Express Charge Method: 2 hours</li> </ul>  | <ul style="list-style-type: none"> <li>Express Charge Method: 2 hours</li> </ul>  |
|  <b>NOTE:</b> Control the charging time, duration, start and end time, and so |           |   |   |

**Table 19. Battery specifications (continued)**

| Description  | Option one   | Option two   |
|--|--|--|
| on using the Dell Power Manager application. For more information about Dell Power Manager, search in the Knowledge Base Resource at <a href="http://www.dell.com/support">www.dell.com/support</a> .  | <ul style="list-style-type: none"> <li>Standard Charge/Predominately AC User Charge Method: 3 hours</li> <li>Express Charge Boost Charge Method (Fast Charge for Initial 35%): From 0% up to 35% in as little as 20 minutes</li> </ul> | <ul style="list-style-type: none"> <li>Standard Charge/Predominately AC User Charge Method: 3 hours</li> <li>Express Charge Boost Charge Method (Fast Charge for Initial 35%): From 0% up to 35% in as little as 20 minutes</li> </ul> |
| Coin-cell battery  | Not supported  | Not supported  |
| <p><b>⚠ CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.</b></p> <p><b>⚠ CAUTION: Dell recommends that you charge the battery regularly for optimal power consumption. If your battery charge is completely depleted, connect the power adapter, turn on your computer, and then restart your computer to reduce the power consumption.</b></p> |  |  |

## Display

The following table lists the display specifications of your Dell G16 7630.

**Table 20. Display specifications**

| Description                             | Option one   | Option two   |
|---|--|--|
| Display type                            | Quad High Definition Plus (QHD+)   | Quad High Definition Plus (QHD+)   |
| Touch options                           | No   | No   |
| Display-panel technology                | Wide-viewing angle (WVA)   | Wide-viewing angle (WVA)   |
| Display-panel dimensions (active area): |  |  |
| Height                                  | 215.42 mm (8.48 in.)   | 215.42 mm (8.48 in.)   |
| Width                                   | 344.68 mm (13.57 in.)  | 344.68 mm (13.57 in.)  |
| Diagonal                                | 406.46 mm (16 in.)   | 406.46 mm (16 in.)   |
| Display-panel native resolution         | 2560 x 1600  | 2560 x 1600  |
| Luminance (typical)                     | 300 nits   | 300 nits   |
| Megapixels                              | 4.10   | 4.10   |
| Color gamut                             | 100% sRGB (typical)  | DCI P3 100% (typical)  |
| Pixels Per Inch (PPI)                   | 188.70 ppi   | 188.70 ppi   |
| Contrast ratio (min.)                   | 1000:1   | 1000:01  |
| Response time (max.)                    | <ul style="list-style-type: none"> <li>9 ms (typical)</li> <li>12 ms (maximum)</li> <li>3 ms (Gray to Gray with Overdrive)</li> <li>7 ms (Gray to Gray without Overdrive)</li> </ul> | <ul style="list-style-type: none"> <li>9 ms (typical)</li> <li>12 ms (maximum)</li> <li>3 ms (Gray to Gray with Overdrive)</li> <li>7 ms (Gray to Gray without Overdrive)</li> </ul> |
| Refresh rate                            | 165 Hz   | 240 Hz   |

**Table 20. Display specifications (continued)**

| Description                 | Option one          | Option two          |
|-----------------------------|---------------------|---------------------|
| Horizontal view angle       | +/- 85 degrees(min) | +/- 85 degrees(min) |
| Vertical view angle         | +/- 85 degrees(min) | +/- 85 degrees(min) |
| Pixel pitch                 | 0.13 x 0.13 mm      | 0.13 x 0.13 mm      |
| Power consumption (maximum) | 6 W                 | 7.2 W               |
| Anti-glare vs glossy finish | Anti-glare          | Anti-glare          |

## GPU—Integrated

The following table lists the specifications of the integrated Graphics Processing Unit (GPU) supported by your Dell G16 7630.

**Table 21. GPU—Integrated**

| Controller         | Memory size          | Processor                                       |
|--------------------|----------------------|---|
| Intel UHD Graphics | Shared system memory | 13 <sup>th</sup> Generation Intel Core i5/i7/i9 |

## GPU—Discrete

The following table lists the specifications of the discrete Graphics Processing Unit (GPU) supported by your Dell G16 7630.

**Table 22. GPU—Discrete**

| Controller              | Memory size | Memory type |
|-------------------------|-------------|-------------|
| NVIDIA GeForce RTX 3050 | 6 GB        | GDDR6       |
| NVIDIA GeForce RTX 4050 | 6 GB        | GDDR6       |
| NVIDIA GeForce RTX 4060 | 8 GB        | GDDR6       |
| NVIDIA GeForce RTX 4070 | 8 GB        | GDDR6       |

## Operating and storage environment

This table lists the operating and storage specifications of your Dell G16 7630.


**Airborne contaminant level:** G1 as defined by ISA-S71.04-1985

**Table 23. Computer environment**

| Description                 | Operating                   | Storage                        |
|-----------------------------|-----------------------------|--------------------------------|
| Temperature range           | 0°C to 35°C (32°F to 95°F)  | -40°C to 65°C (-40°F to 149°F) |
| Relative humidity (maximum) | 10% to 90% (non-condensing) | 0% to 95% (non-condensing)     |
| Vibration (maximum)*        | 0.66 GRMS                   | 1.30 GRMS                      |
| Shock (maximum)             | 110 G†                      | 160 G†                         |

**Table 23. Computer environment (continued)**


| Description    | Operating                                | Storage                                    |
|----------------|--|--|
| Altitude range | -15.2 m to 3048 m (4.64 ft to 5518.4 ft) | -15.2 m to 10668 m (4.64 ft to 19234.4 ft) |

 **CAUTION: Operating and storage temperature ranges may differ among components, so operating or storing the device outside these ranges may impact the performance of specific components.**

\* Measured using a random vibration spectrum that simulates user environment.

† Measured using a 2 ms half-sine pulse.

## ComfortView Plus

 **WARNING: Prolonged exposure to blue light from the display may lead to long-term effects such as eye strain, eye fatigue, or damage to the eyes.**

Blue light is a color in the light spectrum which has a short wavelength and high energy. Chronic exposure to blue light, particularly from digital sources, may disrupt sleep patterns and cause long-term effects such as eye strain, eye fatigue, or damage to the eyes.

The display on this computer is designed to minimize blue light and complies with TÜV Rheinland's requirement for low blue light displays.

Low blue light mode is enabled at the factory, so no further configuration is necessary.

To reduce the risk of eye strain, it is also recommended that you:

- Position the display at a comfortable viewing distance between 20 and 28 inches (50 and 70 cm) from your eyes.
- Blink frequently to moisten your eyes, wet your eyes with water, or apply suitable eye drops.
- Look away from your display, and gaze at a distant object at 20 ft (609.60 cm) away for at least 20 seconds during each break.
- Take an extended break for 20 minutes every two hours.