


Dell 14 Plus

DB14250

Owner's Manual

Notes, cautions, and warnings

 **NOTE:** A NOTE indicates important information that helps you make better use of your product.

 **CAUTION:** A CAUTION indicates either potential damage to hardware or loss of data and tells you how to avoid the problem.

 **WARNING:** A WARNING indicates a potential for property damage, personal injury, or death.

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Views of Dell 14 Plus DB14250

Right



Figure 1. Right view

1. **USB 3.2 Gen 1 (5 Gbps) port**

Connect a device such as an external storage device or a printer. Provides a data transfer speed of up to 5 Gbps.

2. **Global headset jack**

Connect headphones or a headset (headphone and microphone combo).

Left



Figure 2. Left view

1. **HDMI 2.1**

Connect to a TV, external display, or another HDMI-in enabled device. Provides video and audio output.

2. **USB 3.2 Gen 2 Type-C port with DisplayPort 1.4 and Power Delivery**

Connect a peripheral such as an external storage device, a printer, or an external display. Provides a data transfer rate of up to 10 Gbps.

Supports DisplayPort and also enables you to connect to an external display using a display adapter.

3. **Thunderbolt 4 port with DisplayPort 2.1 and Power Delivery**

Supports DisplayPort 2.1 and Thunderbolt 4; enables you to connect to an external display using a display adapter (sold separately). Provides a data transfer rate of up to 40 Gbps for Thunderbolt 4.

NOTE: You can connect a Dell Docking Station to the Thunderbolt 4 ports. For more information, search in the Knowledge Base Resource at [Dell Support Site](#).

NOTE: A USB Type-C to DisplayPort adapter (sold separately) is required to connect a DisplayPort device.

NOTE: Thunderbolt 4 supports two 4K displays or one 8K display.

4. **Battery-status light**

Indicates the battery-charge status.

- Solid yellow: battery charge is low
- Blinking yellow: battery charge is critical

Top

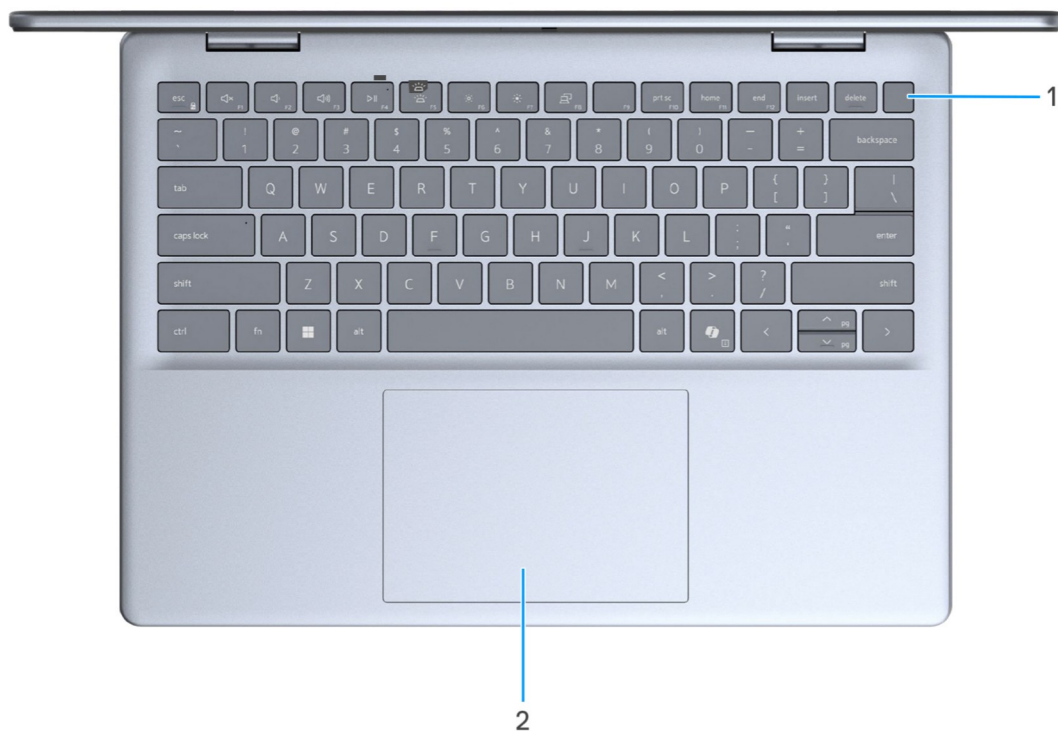


Figure 3. Top view

1. **Power button with optional fingerprint reader**

Press to turn on the computer if it is turned off, in sleep state, or in hibernate state.

When the computer is turned on, press the power button with fingerprint reader to put the computer into a sleep state; press and hold the power button with fingerprint reader for 10 seconds to force shut-down the computer.

If the power button has a fingerprint reader, place your finger on the power button steadily to log in.

NOTE: The power-status light on the power button is available only on computers without the fingerprint reader. Computers that are shipped with the fingerprint reader that is integrated on the power button will not have the power-status light on the power button.

NOTE: Register your fingerprint as password in Windows settings. You can customize the power-button behavior in Windows.

2. **Touchpad**

Move your finger on the touchpad to move the mouse pointer. Tap with a finger to left-click and tap with two fingers to right-click.

Front



Figure 4. Front view

1. Left microphone

Provides digital sound input for audio recording and voice calls.

2. Infrared emitter (optional)

Emits infrared light, which enables the infrared camera to sense and track motion.

3. Infrared camera (optional)

Enhances security when paired with Windows Hello face authentication.

4. Camera shutter

Slide the privacy shutter to the left to access the camera lens.

5. Camera

Enables you to video chat, capture photos, and record videos.

6. Camera-status light

Turns on when the camera is in use.

7. Right microphone

Provides digital sound input for audio recording and voice calls.

Bottom

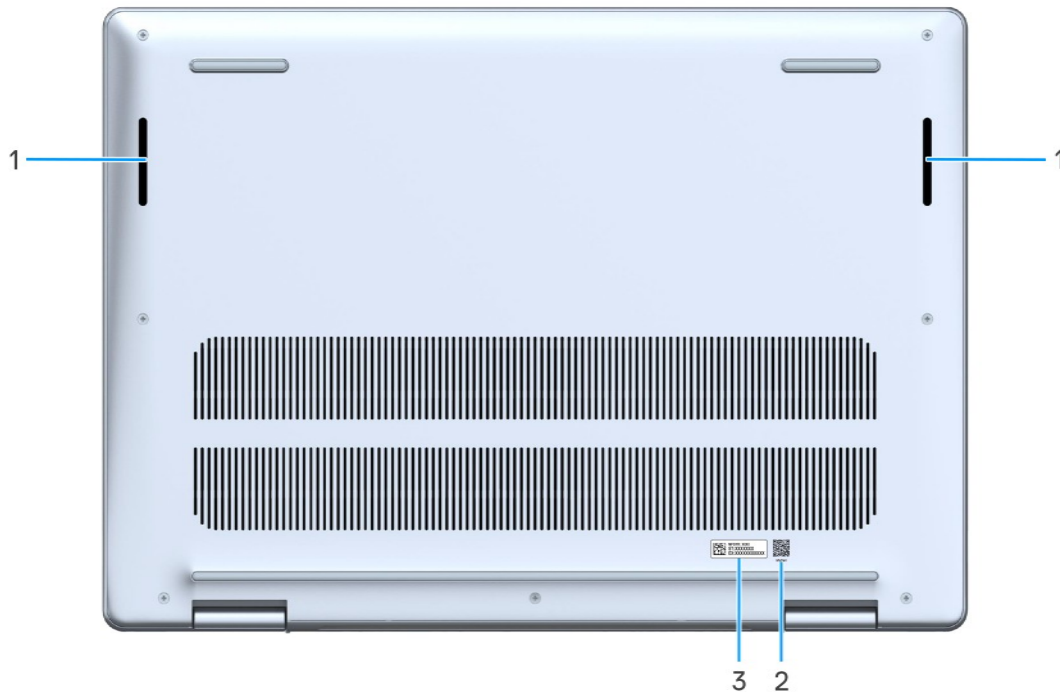


Figure 5. Bottom view

1. Speakers

Provide audio output.

2. MyDell QR code

MyDell is your hub for content personalized to your Dell 16 Plus DB16250, including videos, articles, manuals, and access to support.

3. Service Tag label

The Service Tag is a unique alphanumeric identifier that enables Dell service technicians to identify the hardware components in your computer and access warranty information.

Locate the Service Tag or Express Service Code label of your computer

The service tag is a unique alphanumeric identifier that allows Dell service technicians to identify the hardware components in your computer and access warranty information. The Express Service Code is a numeric version of the Service Tag.

For more information about how to find the Service Tag of your computer, search in the Knowledge Base Resource at the [Dell Support Site](#).

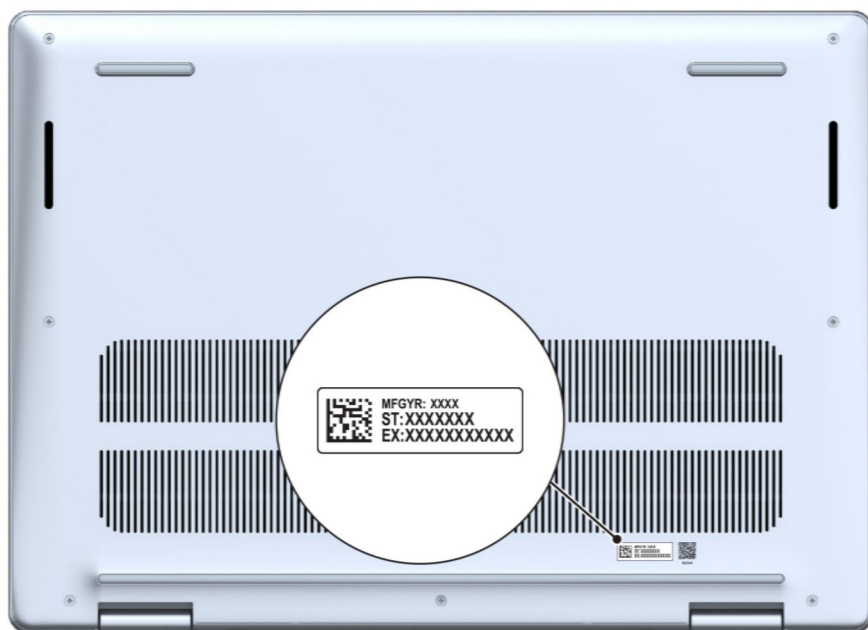


Figure 6. Service Tag/Express Service Code location

Battery-charge status light

The following table lists the battery-charge status light of your Dell 14 Plus DB14250.

Table 1. Battery charge and status light behavior

Power source	LED behavior	System power state	Battery charge level
AC adapter	Off	S0 or S5	Fully charged
AC adapter	Solid white	S0 or S5	< Fully charged
Battery	Off	S0 or S5	11-100%
Battery	Solid amber (590+/-3 nm)	S0 or S5	< 10%

- S0 (ON): Computer is turned on.
- S4 (Hibernate): The computer consumes the least power in the Hibernate state than in the ON or OFF state. The computer is almost in the OFF state. The context data is written to a storage device, allowing you to resume from where you left when the computer is turned on.
- S5 (OFF): The computer is in a shutdown state.

Set up your Dell 14 Plus DB14250

About this task

NOTE: The images in this document may differ from your computer depending on the configuration you ordered.

Steps

1. Connect the power adapter and press the power button.



Figure 7. Connect the power adapter and press the power button.

NOTE: The battery may go into power-saving mode during shipment to conserve charge on the battery. Ensure that the power adapter is connected to your computer when it is turned on for the first time.

2. Finish the operating system setup.

Follow the on-screen instructions to complete the setup. When setting up, it is recommended that you:



- Connect to a network for Windows updates.

NOTE: If connecting to a secured wireless network, enter the password for the wireless network access when prompted.

- If connected to the Internet, sign in with an existing Microsoft account or create a new account. If not connected to the Internet, create an offline account.
- On the **Support and Protection** screen, enter your contact details.

3. Locate and use Dell apps from the Windows Start menu—Recommended.

Table 2. Locate Dell apps


Resources	Description
	<p>Dell Optimizer is an AI-based software application that allows you to customize your computer settings for power and battery, and more.</p> <p>For <computer name> with Dell Optimizer, you can:</p> <ul style="list-style-type: none"> • Tune the performance, power consumption, cooling, and fan noise with selectable thermal modes. • Download and redeem the apps that are purchased with your computer. <p>For more information about configuring and using these features, search for the <i>Dell Optimizer</i> at Dell Support Site. View PDF</p>
	<p>SupportAssist</p> <p>Proactively checks the health of your computer's hardware and software. The SupportAssist operating system Recovery tool troubleshoots issues with the operating system. For more information, see the SupportAssist documentation at Dell Support Site.</p> <p>NOTE: In SupportAssist, click the warranty expiry date to renew or upgrade your warranty.</p>

Specifications of Dell 14 Plus DB14250

Dimensions and weight

The following table lists the height, width, depth, and weight of your Dell 14 Plus DB14250.






Table 3. Dimensions and weight

Description	Values
Height:	
Front height	14 mm (0.55 in.)
Rear height	14.70 mm (0.58 in.)
Width	314 mm (12.36 in.)
Depth	226.15 mm (8.90 in.)
Weight  NOTE: The weight of your computer depends on the configuration that is offered.	<ul style="list-style-type: none"> Non-touch screen: 1.55 kg (3.42 lb) Touch screen: 1.60 kg (3.53 lb)

Processor

The following tables list the details of the processors that are supported in your Dell 14 Plus DB14250.

Table 4. Processor

Description	Option 1	Option 2	Option 3	Option 4	Option 5
Processor type	Intel Core Ultra 5 226V	Intel Core Ultra 5 228V	Intel Core Ultra 7 256V	Intel Core Ultra 7 258V	Intel Core Ultra 9 288V
Processor wattage	17 W	17 W	17 W	17 W	30 W
Processor total core count	8	8	8	8	8
Performance-cores	4	4	4	4	4
Efficient-cores	4	4	4	4	4
Processor total thread count	8	8	8	8	8
 NOTE: Intel Hyper-Threading Technology is available only on Performance-cores.					
Processor speed	Up to 4.5 GHz	Up to 4.5 GHz	Up to 4.8 GHz	Up to 4.8 GHz	Up to 5.1 GHz
Frequency—Performance cores					
 Processor base frequency	2.1 GHz	2.1 GHz	2.2 GHz	2.2 GHz	3.3 GHz
 Maximum turbo frequency	4.5 GHz	4.5 GHz	4.8 GHz	4.8 GHz	5.1 GHz
Frequency—Efficient cores					
 Processor base frequency	2.1 GHz	2.1 GHz	2.2 GHz	2.1 GHz	3.3 GHz
 Maximum turbo frequency	3.5 GHz	3.5 GHz	3.7 GHz	3.7 GHz	3.7 GHz
Processor cache	8 MB	8 MB	12 MB	12 MB	12 MB
Integrated graphics	Intel Arc Graphic 130V	Intel Arc Graphic 130V	Intel Arc Graphic 140V	Intel Arc Graphic 140V	Intel Arc Graphic 140V

Chipset

The following table lists the details of the chipset that is supported in your Dell 14 Plus DB14250.

Table 5. Chipset

Description	Values
Chipset	Integrated in the processor
Processor	Intel Core Ultra i5/i7/i9
DRAM bus width	2 channels of 64-bit

Table 5. Chipset (continued)

Description	Values
Flash EPROM	32 MB + 8 MB
PCIe bus	Up to Gen4

Operating system

Your Dell 14 Plus DB14250 supports the following operating systems:

- Windows 11 Pro
- Windows 11 Pro National Education
- Windows 11 Home

Memory

The following table lists the memory specifications of your Dell 14 Plus DB14250.

Table 6. Memory specifications

Description	Values
Memory slots	Memory on processor (no slots)
Memory type	Dual-channel LPDDR5x
Memory speed	8533 MT/s
Maximum memory configuration	32 GB
Minimum memory configuration	16 GB
Memory configurations supported	<ul style="list-style-type: none">• 16 GB: 2 x 8 GB, LPDDR5x, 8533 MT/s, dual-channel• 32 GB: 2 x 16 GB, LPDDR5x, 8533 MT/s, dual-channel


External ports and slots

The following table lists the external ports and slots on your Dell 14 Plus DB14250.

Table 7. External ports and slots

Description	Values
USB ports	<ul style="list-style-type: none">• One USB 3.2 Gen 1 (5 Gbps) port• One USB 3.2 Gen 2 (10 Gbps) port with DisplayPort 1.4 and Power Delivery <p>NOTE: You can connect a Dell Docking Station to this port. For more information, search in the Knowledge Base Resource at Dell Support Site.</p> <ul style="list-style-type: none">• One Thunderbolt 4 port with DisplayPort 2.1 and Power Delivery


Table 7. External ports and slots (continued)

Description	Values
	 NOTE: You can connect a Dell Docking Station to this port. For more information, search in the Knowledge Base Resource at Dell Support Site .
Audio port	One global headset jack
Video port(s)	One HDMI 2.1 port
Media-card reader	Not supported
Power-adaptor port	USB Type-C
Security-cable slot	Not supported

Internal slots

The following table lists the internal slots of your Dell 14 Plus DB14250.

Table 8. Internal slots

Description	Values
M.2	<ul style="list-style-type: none"> One M.2 2230 slot for Wi-Fi and Bluetooth combo card One M.2 2230 slot for solid-state drive  NOTE: To learn more about the features of different types of M.2 cards, search in the Knowledge Base Resource at Dell Support Site .


Wireless module

The following table lists the Wireless Local Area Network (WLAN) modules that are supported on your Dell 14 Plus DB14250.

Table 9. Wireless module specifications

Description	Option one	Option two
Model number	Intel AX211	Intel BE201
Transfer rate	Up to 2400 Mbps	Up to 5760 Mbps
Frequency bands supported	2.4 GHz/5 GHz/6 GHz	2.4 GHz/5 GHz/6 GHz
Wireless standards	<ul style="list-style-type: none"> WiFi 802.11a/b/g Wi-Fi 4 (WiFi 802.11n) Wi-Fi 5 (WiFi 802.11ac) Wi-Fi 6 (WiFi 802.11ax) 	<ul style="list-style-type: none"> WiFi 802.11a/b/g Wi-Fi 4 (WiFi 802.11n) Wi-Fi 5 (WiFi 802.11ac) Wi-Fi 6 (WiFi 802.11ax) Wi-Fi 6 (WiFi 802.11be)
Encryption	<ul style="list-style-type: none"> 64-bit/128-bit WEP AES-CCMP TKIP 	<ul style="list-style-type: none"> 64-bit/128-bit WEP AES-CCMP TKIP
Bluetooth wireless card	Bluetooth 5.3	Bluetooth 5.4

Table 9. Wireless module specifications (continued)

Description	Option one	Option two
	 NOTE: The functionality of the Bluetooth wireless card may vary depending on the operating system that is installed on your computer.	

Audio

The following table lists the audio specifications of your Dell 14 Plus DB14250.

Table 10. Audio specifications

Description		Values
Audio controller		Realtek ALC3329
Stereo conversion		Supported
Internal audio interface		Soundwire audio interface
External audio interface		One global headset jack
Number of speakers		2
Internal-speaker amplifier		Supported (audio codec integrated)
External volume controls		Keyboard shortcut controls
Speaker output:		
	Average	2 W
	Peak	2.5 W
Microphone		Digital-array microphones in camera assembly

Storage

This section lists the storage options on your Dell 14 Plus DB14250.

Your Dell 14 Plus DB14250 supports one M.2 2230 solid-state drive. The primary drive is the M.2 2230 solid-state drive.



Table 11. Storage specifications

Storage type	Interface type	Capacity
M.2 2230 solid-state drive	Gen4 PCIe NVMe, Class 25	512 GB
M.2 2230 solid-state drive	Gen4 PCIe NVMe, Class 25	1 TB
M.2 2230 solid-state drive	Gen4 PCIe NVMe, Class 25	2 TB
M.2 2230 solid-state drive	Gen4 PCIe NVMe, Class 35	1 TB


Keyboard

The following table lists the keyboard specifications of your Dell 14 Plus DB14250.

Table 12. Keyboard specifications

Description	Values
Keyboard type	Standard Copilot key hotkey backlit keyboard
Keyboard layout	QWERTY
Number of keys	<ul style="list-style-type: none">• United States and Canada: 79 keys• United Kingdom: 80 keys• Japan: 83 keys• Brazil: 81 keys
Keyboard size	X = 19.05 mm key pitch Y = 18.05 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> NOTE: You can define the primary behavior of the function keys (F1–F12) changing Function Key Behavior in the BIOS setup program.</p> <p> NOTE: If Copilot in Windows is not available on your computer, pressing the Copilot key launches Windows search. For more information about Copilot in Windows, search in the Knowledge Base Resource at the Dell Support site.</p>

Keyboard function keys

 **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 that is 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 that is 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 multimedia control, as indicated by the icon on the key. Press the function key to enable the task represented by the icon. For example, pressing F1 mutes the audio (see the table below).

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

Table 13. Function key primary behavior

Function key	Primary behavior
F1	Mute or unmute audio
F2	Decrease volume
F3	Increase volume

Table 13. Function key primary behavior (continued)

Function key	Primary behavior
F4	Play or Pause
F5	Turn on or turn off keyboard backlight.  NOTE: Toggle to cycle the keyboard backlight status through off, low-backlight, and high-backlight.
F6	Decrease brightness
F7	Increase brightness
F8	Switch to external display
F10	Print screen
F11	Home
F12	End

The **fn** key is also used with selected keys on the keyboard to invoke secondary functions.

Table 14. Secondary behavior

Function key	Secondary behavior
fn + esc	Toggle fn-key lock
fn + S	Toggle scroll lock
fn + B	Pause or Break
fn + R	System request
fn + P	Privacy screen
fn + Copilot	Open the application menu
fn + spacebar	Open the emoji menu
fn + T	Toggle ultra performance mode
fn + Left arrow	Home
fn + Right arrow	End

Keys with alternate characters

There are other keys on your keyboard with alternate characters. The symbols that are shown at the bottom of these keys are the main characters that are displayed when the key is pressed; the symbols that are shown at the top of these keys are displayed when the key is pressed with the shift key. For example, if you press **2**, **2** is displayed; if you press **Shift** and **2**, **@** is displayed.

Camera

The following table lists the camera specifications of your Dell 14 Plus DB14250.

Table 15. Camera specifications

Description	Option 1	Option 2
Number of cameras	One	One
Camera type	FHD camera	FHD + Infrared camera

Table 15. Camera specifications (continued)

Description		Option 1	Option 2
Camera location		Front	Front
Camera sensor type		CMOS sensor technology	CMOS sensor technology
Camera resolution:			
	Still image	2.07 megapixel	2.07 megapixel
	Video	1920 x 1080 (FHD) at 30 fps	1920 x 1080 (FHD) at 30 fps
Infrared camera resolution:			
	Still image	Not supported	0.23 megapixel
	Video	Not supported	640 x 360 (FHD) at 30 fps
Diagonal viewing angle:			
	Camera	82.20 degrees	80.20 degrees
	Infrared camera	Not supported	86.60 degrees

Touchpad

The following table lists the touchpad specifications of your Dell 14 Plus DB14250.

Table 16. Touchpad specifications

Description		Values
Touchpad resolution:		>300 DPI
Touchpad dimensions:		
	Horizontal	115
	Vertical	80
Touchpad gestures		For more information about the touchpad gestures available on Windows, see the Microsoft Knowledge Base article at Microsoft Support Site .


Power adapter

The following table lists the power adapter specifications of your Dell 14 Plus DB14250.

Table 17. Power-adapter specifications

Description		Values
Type		65 W, USB-C
Power-adapter dimensions:		
	Height	28 mm (1.10 in.)
	Width	51 mm (2.01 in.)

Table 17. Power-adaptor specifications (continued)

Description		Values
	Depth	112 mm (4.41 in.)
Input voltage		100 VAC–240 VAC
Input frequency		50 Hz–60 Hz
Input current (maximum)		1.70 A
Output current (continuous)		<ul style="list-style-type: none"> • 20 V/3.25 A (continuous) • 15 V/3 A (continuous) • 9 V/3 A (continuous) • 5 V/3 A (continuous)
Rated output voltage		<ul style="list-style-type: none"> • 20 V • 15 V • 9 V • 5 V
Temperature range:		
	Operating	0°C to 40°C (32°F to 104°F)
	Storage	–40°C to 70°C (–40°F to 158°F)
 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.		




Battery

The following table lists the battery specifications of your Dell 14 Plus DB14250.

Table 18. Battery specifications

Description		Values
Battery type		4-cell, 64 Wh Lithium Ion, ExpressCharge, ExpressCharge Boost
Battery voltage		15.20 VDC
Battery weight (maximum)		0.26 kg (0.57 lb)
Battery dimensions:		
	Height	5.75 mm (0.23 in.)
	Width	271.90 mm (10.70 in.)
	Depth	82 mm (3.23 in.)
Temperature range:		
	Operating	<ul style="list-style-type: none"> • Charge: 0°C to 45°C (32°F to 113°F) • Discharge: 0°C to 70°C (32°F to 158°F)
	Storage	–20°C to 60°C (–4°F to 140°F)

Table 18. Battery specifications (continued)

Description	Values
Battery operating time	Varies depending on operating conditions and can significantly reduce under certain power-intensive conditions.
Battery charging time (approximate)  NOTE: You can control the charging time, duration, start and end time, and so on, using the Dell Power Manager application. For more information about Dell Power Manager, search in the Knowledge Base Resource at Dell Support Site .	<ul style="list-style-type: none"> ExpressCharge: 2 hours Standard charge: 3 hours (when the computer is off)
Coin-cell battery	Not supported
 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.	
 CAUTION: Dell Technologies recommends that you charge the battery regularly for optimal power consumption.	

Display

The following table lists the display specifications of your Dell 14 Plus DB14250.

Table 19. Display specifications

Description		Option 1	Option 2
Display type		14-inch, 2.5K	14-inch, Full High Definition Plus (FHD+)
Touch options		No	Yes, with cover glass
Display-panel technology		Wide-Viewing Angle	Wide-Viewing Angle
Display-panel dimensions (active area):			
	Height	301.59 mm (11.87 in.)	301.59 mm (11.87 in.)
	Width	188.5 mm (7.42 in.)	188.5 mm (7.42 in.)
	Diagonal	355.65 mm (14 in.)	355.65 mm (14 in.)
Display-panel native resolution		2560 x 1600	1920 x 1200
Luminance (typical)		300 nits	300 nits
Megapixels		4.09	2.30
Color gamut		100% sRGB (typical)	45% NTSC (typical)
Pixels Per Inch (PPI)		216	162
Contrast ratio (minimum)		1000: (minimum), 1200:1 (typical)	600: (minimum), 800:1 (typical)
Response time (maximum)		35 millisecond	35 millisecond
Refresh rate		90 Hz	48 Hz/60 Hz

Table 19. Display specifications (continued)

Description	Option 1	Option 2
Horizontal view angle	80 +/– degrees (minimum), +/– 85 degrees (typical)	80 +/– degrees (minimum), +/– 85 degrees (typical)
Vertical view angle	80 +/– degrees (minimum), +/– 85 degrees (typical)	80 +/– degrees (minimum), +/– 85 degrees (typical)
Pixel pitch	0.1178mm	0.157
Power consumption (maximum)	4.63.W at mosaic pattern 90 Hz	3.68 W without touch @Mosaic
Anti-glare vs glossy finish	Anti-glare	Glossy

Fingerprint reader (optional)

The following table lists the specifications of the optional fingerprint-reader of your Dell 14 Plus DB14250.

Table 20. Fingerprint reader specifications

Description	Values
Sensor technology	Capacitive
Sensor resolution	500 dpi
Sensor pixel size	108 mm x 88 mm

GPU—Integrated

The following table lists the specifications of the integrated Graphics Processing Unit (GPU) supported by your Dell 14 Plus DB14250.

Table 21. GPU—Integrated

Controller	Memory size	Processor
Intel Arc 130V GPU	Shared system memory	Intel Core Ultra i5
Intel Arc 140V GPU	Shared system memory	Intel Core Ultra i7/i9

External display support

The following table lists the external display support for your Dell 14 Plus 2-in-1 DB04250.

Table 22. External display support


Graphics card	Supported external displays with laptop display enabled	Supported external displays with laptop display disabled
iGPU	2	3

Operating and storage environment

This table lists the operating and storage specifications of your Dell 14 Plus DB14250.

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


Table 23. Computer environment

Description	Operating	Storage
Temperature range	0°C to 40°C (32 °F to 104°F)	–40°C to 65°C (–40°F to 149°F)
Relative humidity (maximum)	90% (non-condensing)	95% (non-condensing)
Vibration (maximum)*	0.66 GRMS	Not available
Shock (maximum)	140 G†	Not available
Altitude range	Not available	Not available
 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 the 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 cm and 70 cm) from your eyes.
- Blink frequently to moisten your eyes, wet your eyes with water, or apply suitable eye drops.
- Take an extended break for 20 minutes every two hours.
- 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.