

Blink Exercises

It is common for many people to have a relatively shallow blink action, which can mean the vitally important tear film being only partially spread over the eye's cornea or their contact lens; this can lead to 'dry eye' signs and symptoms, affecting comfort and vision.

The optimum blink action is when the upper lid closes fully to meet the bottom lid, before opening again.

It must be appreciated that this is a natural action. It is not a screwing up of the eyes. The lower lid should not be felt to tense at all. It is like slowly falling to sleep, with the top lid closing down to the bottom lid. If it is done correctly you should feel a 'hidden movement' of the eyes behind the lids.

Over the next two-three weeks practice several times. Watching TV is ideal or using the PC, not while driving. On the PC try blinking when hitting the return/enter key. This will over time become routine. On the TV you could link a blink to a scene change. While practising, pause momentarily, before re-opening your lids.

Optimum blinking action and increased frequency of blinking will help to avoid abnormal/acute symptoms, especially if engaged in long periods of concentrated close work such as reading or PC work. Looking up and around every ten minutes or so, will also help. This improved action can improve vision and ocular comfort when driving, using the PC or in warm and/or dry atmospheres.

So to summarise, looking straight ahead allow the top lid to close slowly, down to the bottom lid. When closed, pause as if falling asleep, before opening the eyes again. (Placing your fingers at the outside corners of your lids will enable you to detect any unwanted tensing of the eye lid muscles).

Repeat this as frequently as possible for five-minute periods.