

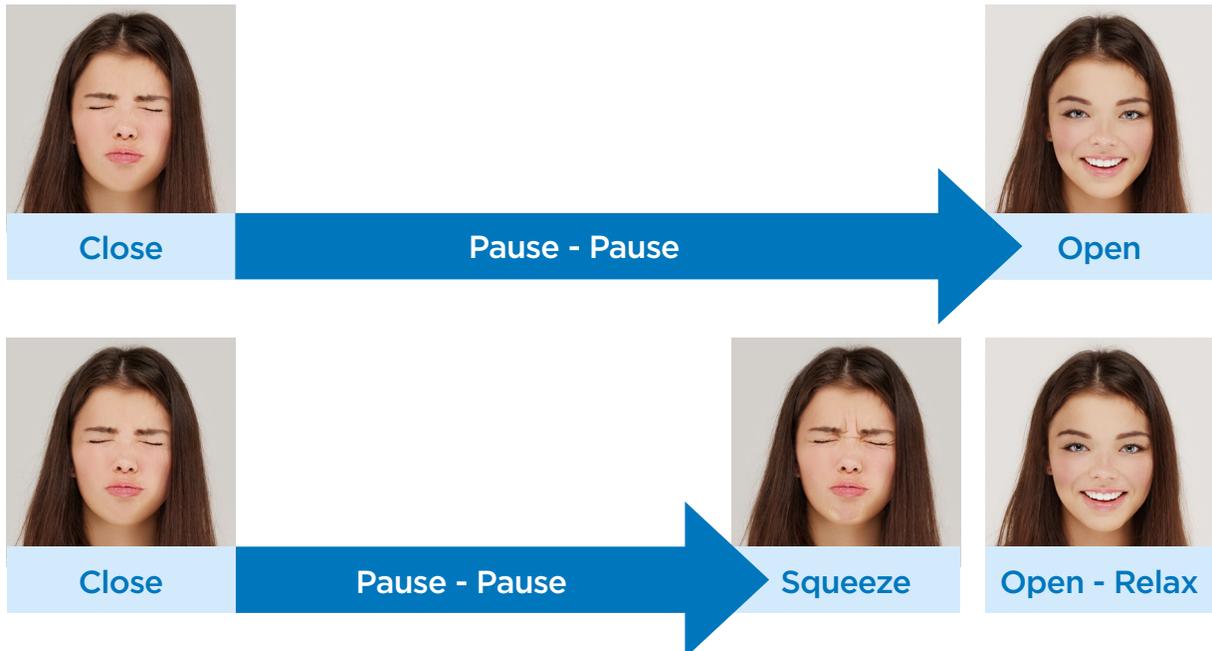
# Blinking Exercises



Partial blinking is very common in people with dry eyes. If you have been diagnosed as a partial blinker and have been given this handout, your doctor feels blinking exercises would be helpful for you.

## Blinking Sequence

Close - Pause - Pause - Open - Relax  
Close - Pause - Pause - Squeeze - Open - Relax



1. Blink exercises require frequency. They must be done every 10-12 minutes for 30 days to be effective. Use an audible signal such as an egg timer or timer on a cell phone or computer to remind you, especially during tasks requiring sustained focus.
2. Close both eyes normally, pause 2 seconds and open. Then, close the eyes normally again, pause 2 seconds and then aggressively squeeze the lids together (as if you are trying to crack a walnut with your lids) for two seconds. Open both eyes. Repeat every 10-12 minutes. The aggressive squeeze is used to ensure that the eyelid closure muscles are being utilized.
3. Hold your fingers at the corners of your eyes and blink. When you are blinking correctly, you should feel no movement under your fingers. If you feel anything, you are using your defense muscles that run along the side of your head. Your blinking muscles are above your eyelids. The goal of these exercises are to get your blinking muscles working, and thus step 2 overemphasizes complete closure and muscle contraction. After 30 days of diligent training, the lids should close completely on a blink without consciously thinking about it.
4. Blinking is very task-dependent and the blink rate decreases with sustained visual activity. For example, if you spend a lot of time on the computer, you are probably blinking much less frequently and might want to post a copy of the blinking exercises nearby as a reminder.
5. Lastly, if you are having difficulty incorporating the blinking exercises into your schedule (i.e. 5X/hour), choose an activity you do routinely such as answering phones or looking at email or text messages. Doing the blink exercises every time you perform this activity will help to make complete blinking a habit.