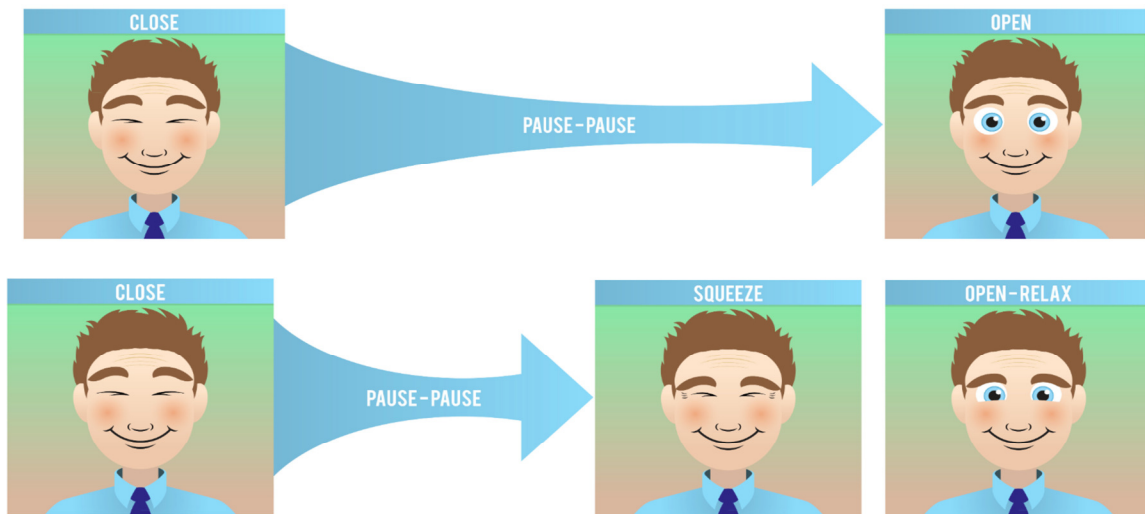


# Blinking Exercises

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:**

- 1. CLOSE- PAUSE-PAUSE-OPEN-RELAX**
- 2. CLOSE-PAUSE-PAUSE-SQUEEZE-OPEN-RELAX**



### **Frequency:**

- To be completed every 10–12 minutes for 30 days.
- Use an audible signal (egg timer, phone or computer alarm) to remind you.

### **Exercise Instructions:**

1. Close both eyes normally, pause 2 seconds, and open.  
**Note:** To check your blink, place your finger gently on the bone to the outside corner of one eye. When you are blinking “normally”, you should feel very little movement from the muscles around your eye.
2. 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 2 seconds. Open both eyes.
3. Repeat every 10–12 minutes.

### **Awareness:**

Your blink rate naturally 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.

### **Helpful Hint:**

If you are having difficulty incorporating the blinking exercises into your schedule, 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.