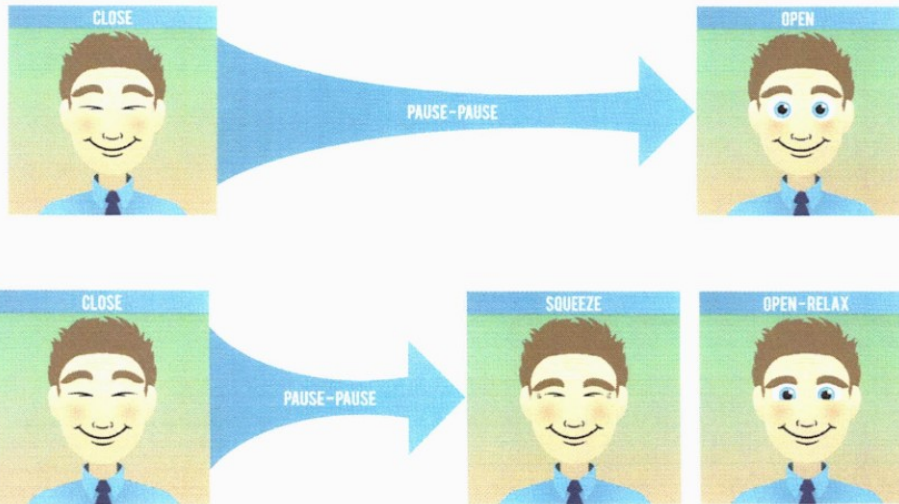


Blinking Exercises

Blinking Sequence

CLOSE- PAUSE-PAUSE-OPEN-RELAX

CLOSE-PAUSE-PAUSE-SQUEEZE-OPEN-RELAX



1. Hold your fingers at the corners of your eyes and blink. 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.
2. Read the blinking sequence above. It is very important to do the pause step to make complete contact between the upper and lower lids (partial blinking is very common in people with dry eyes). When you are doing it correctly, you should feel no movement under your fingers.
3. Blinking is very task-dependent. 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 friendly reminder. (Other pastimes that decrease the blink rate are driving, reading, watching TV, working at your desk, or any concentrated visual task, etc.)
4. Lastly, if you are having difficulty consciously incorporating the blinking exercises into your schedule (i.e. 5x/hour) you might want to think about something you do often in your daily routine, such as answering phone calls, sending emails, drinking sips of water, getting dressed, etc. If you can condition yourself to make a full blink and give a little squeeze every time you perform this action it helps to make a complete blinking habit. There's also an app that will remind you periodically to do the blinking exercise.




Donald Korb Blink Training

Luke Regan

★★★★☆ 2.4, 11 Ratings

Free



Good Blinking: A Key to Healthy Vision.

Proper blinking keeps your tears healthy by releasing and spreading oil from eyelid glands into the tears. When your tears are healthy, they stabilize your vision and protect you from eye infections and eye discomfort.

Like breathing, your blinking is automatic but there are many things like working on a computer and reading, that create poor blinking habits. These habits will make your blinking much less effective. Poor blinking can easily lead to an unhealthy tear film but blinking exercises are practical and effective - the blinking exercise that follows is an improvement and simplification of those recommended by eye doctors for 30 years.

TearScience, Inc.

Donald Korb Blink Training

learn the proper pacing

[Blink Exercise](#)

set three reminders every...

[30 Minutes](#) [1 Hour](#)

[Stop Reminders](#)

frequently asked questions

[What does blinking have to do with Dry Eye?](#)

[Will it make a real difference to my dry eye?](#)

[What else should I do?](#)