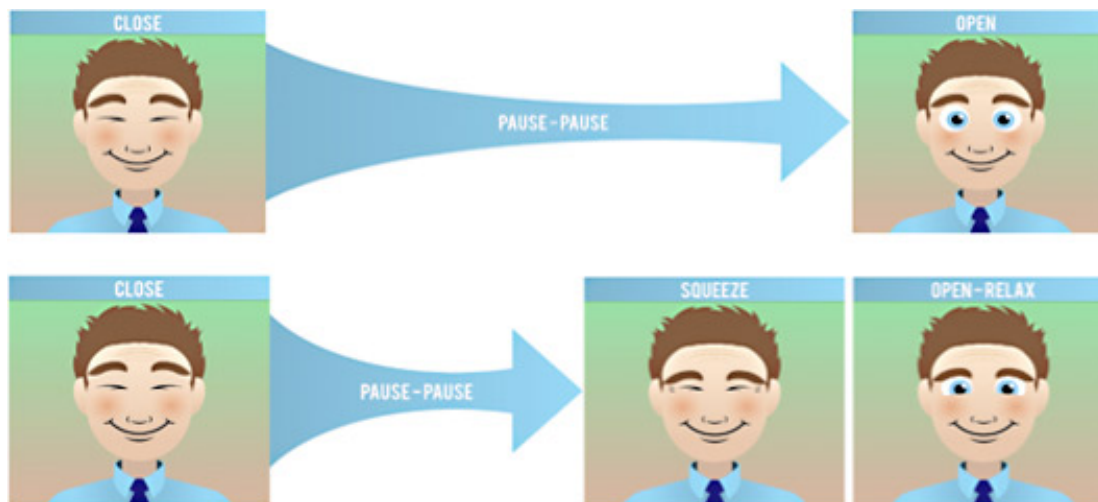


BONNEY LAKE FAMILY EYE CARE

BLINKING EXERCISES

Average American spends 10 hours a day looking at some sort of screen. Long term device use can result in reduced blink rate of 60-80%. Less blinking can lead to dry eye symptoms. There's simple set of eye exercises you can do each day and there is even an iPhone App for it!

Blinking Sequence



How often should you do it?

Complete every 20 minutes, 20 times a day to improve muscle memory. Free iPhone App to help you remember: Donald Korb Blink Training

Instructions:

- 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.
- 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.
- Repeat every 20 minutes, 20 X a day.

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.