



Dry Eye Exercises

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## Blinking Exercises

Did you know blinking exercises can help moisten your eyes, clear your vision and lessen eye strain?

### Full Blinking

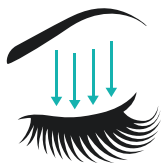
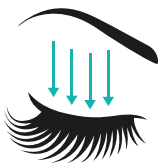
During our waking hours, most of us only blink halfway without even realizing it. However, when we take full, slow blinks, the meibomian glands in our eyes secrete more oil which lubricates the ocular surface.

It is important to slow down and take a few minutes out of every day to concentrate on full blinking - especially when your eyes are irritated. This can be done while watching TV, at your computer or at mealtimes.

### Eye Massage

Self-massage can be a successful way to soothe tired, irritated eyes. Taking 5 minutes out of your day to massage your eyelids and lashes can help to increase blood circulation and release muscle tension - symptoms that can contribute to dry eye.

1. Apply gentle heat to your eyes using an eye mask or warm water.
2. While your eyes are closed:
  - a. Massage the eye socket bones down to the bridge of the nose;
  - b. Gently press on pressure points under the brow bone and at temples;
  - c. Press on inner creases of eye near tear ducts, hold for 5 seconds;
  - d. Lightly massage eyelids back and forth, up to 15-20 times.
3. Gently move eyelashes back and forth very gently using a washcloth or eye wipe.



### Artificial Tears

Sometimes, when massage and full blinking do not relieve eye tension and bring back your natural lubricant, artificial tears are a good solution. Some products can moisten the eye, remove the irritation and return your vision to normal.