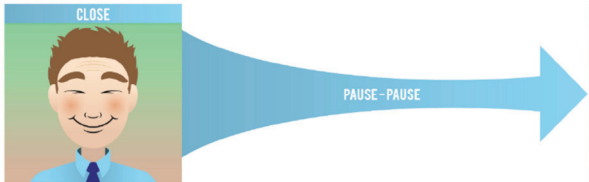
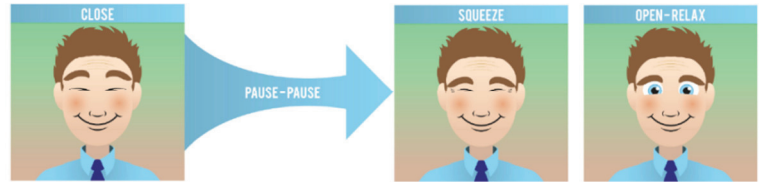


Blink Exercises

Close-Pause-Pause-Open-Relax



Close-Pause-Pause-Squeeze-Open-Relax



Frequency:

- To be completed every hour, to improve muscle memory.

App: Donald Korb Blink Training

1. Read the blinking sequence. 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 movement under your fingers.
2. 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.)

Helpful Hint:

3. 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.