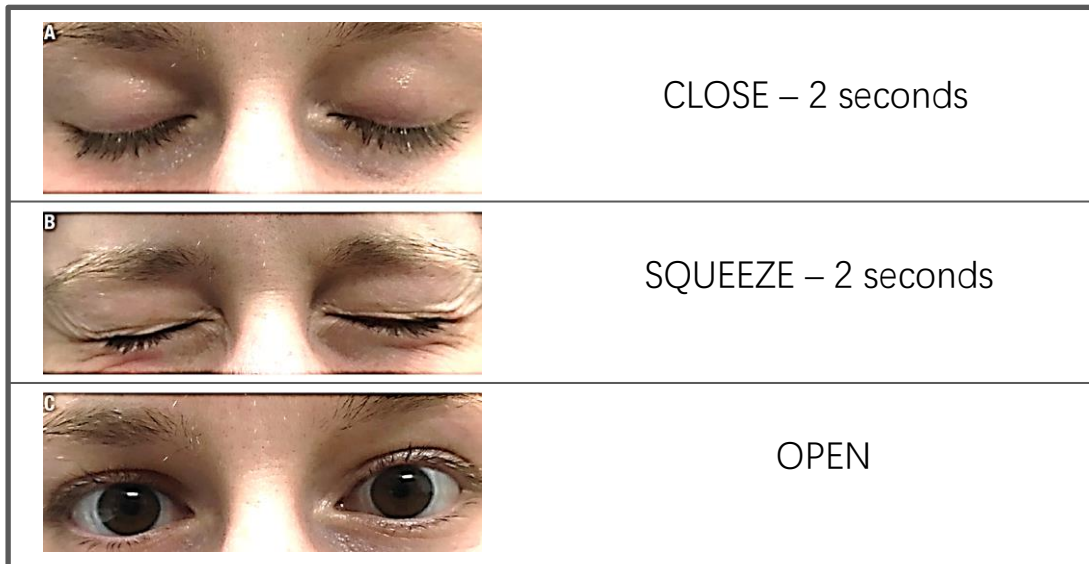


Blinking Exercises

Blinking Sequence:

CLOSE 2 seconds, SQUEEZE 2 seconds, OPEN
REPEAT 9 TIMES



DOWNLOAD APP ON PHONE: [**Donald Korb Blink Training**](#)

Exercise instructions:

1. Close the eyes normally, 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. 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. Repeat 9 times a day.

Awareness:

Your blink rate naturally decreases with sustained visual activity. For example, if you spend a lot of time on the computer or other digital media, doing close up work, you probably have a decreased blink rate 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 drinking water. Doing the blink exercises every time you perform this activity will help to make complete blinking, a habit.