It is possible to improve your eyesight with eye exercises. I have used some of the following methods to improve my eyesight significantly. The key to success is patience. People just don’t stick with anything for long and therefore results cannot manifest. I used to have astigmatism. My eyes would worry me, everything was blurry and foggy. I could however see at a moderate distance but at a certain distance I could not make anything out in real true clarity. I couldn’t see street signs, subway signs, and even peoples faces very well from a distance. But after implementing some of the following techniques and exercises I’m about to share with you My vision went from 20/30 to 20/25 in just one month. I do eye exercises everyday. There are certain measures that can be put in place to stop your eyes from getting any worse.

1. If you spend a long time staring at a computer screen, tablet or your phone; then try to let your eyes rest every 15 to 20 minuets. Look at something far away and let your eyes move freely as staring at something for a prolonged period only deteriorates your vision.
2. When your eyes feel tired massage them. Use your middle and index fingers to massage your eyeballs in a circular motion clockwise for 20 times then counter clockwise for another 20 times. You can also massage your temples and your eye sockets but be careful to only put pressure on the bones of your eye sockets.
3. Palming. Palming is great as it gives your eyes conscience rest. Sit with your elbows on a desk and put and put your face in your hands, cupping your palms over your eyes. Don’t press- your touch should be light and gentle. You can do this for up to 10 minuets.
4. Go out doors. Let your eyes move freely over objects as if you were painting them with a paint brush.
5. Pencil/ pen focus. This exercise focuses directly on the lettering of the pen or pencil. In any case you will not be able to use any other elongated object. You can stand or sit. Firstly, look at the pencil or pen you are going to use and choose a letter from among the writing on the side of the pencil. This will be the letter you will focus on. Now hold your arm out at eye level, holding the pencil or pen upright, with the lettering facing you. Search for your letter. you may not be able to see it clearly. Bend your arm and bring the pencil or pen closer and closer ( or further and further away, depending on your eyesight) until you can see your letter clearly. Bring it closer and closer to your face, as if you were going to tap your nose with it. Halt when the letter becomes blurry. Extend the pencil or pen back out again, and repeat the exercise several times.

These are just a small number of exercises that I have done, of course I don’t do them all of them everyday. But if you like this post then I can give you some of the more effective eye exercises and techniques that you can do to preserve and improve your vision.

I hope this helps. :)