



Review

Neural control of blinking

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HIGHLIGHTS

- Blinking is crucial to protect the eyes and maintain the ocular surface integrity, ensuring optimal conditions for visual inputs.
- Blinking is governed by partially overlapping circuits including cortical, subcortical, and brainstem areas.
- We provide an overview of the anatomical and physiological foundations underlying the control of different blinking types.

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ABSTRACT

Blinking is a motor act characterized by the sequential closing and opening of the eyelids, which is achieved through the reciprocal activation of the orbicularis oculi and levator palpebrae superioris muscles. This stereotyped movement can be triggered reflexively, occur spontaneously, or voluntarily initiated. During each type of blinking, the neural control of the antagonistic interaction between the orbicularis oculi and levator palpebrae superioris muscles is governed by partially overlapping circuits distributed across cortical, subcortical, and brainstem structures. This paper provides a comprehensive overview of the anatomical and physiological foundations underlying the neural control of blinking. We describe the infra-nuclear apparatus, as well as the supra-nuclear control mechanisms, i.e., how cortical, subcortical, and brainstem structures regulate and coordinate the different types of blinking.

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Contents

1. Introduction	60
2. Blinking types and their neurophysiological assessment	60
3. Reflex blinking	61
4. Spontaneous blinking	63
5. Voluntary blinking	64
6. Conclusions	65
Competing interest/Financial Disclosure/Conflict of Interest concerning the research related to the manuscript	65
Funding sources for study	65
CRediT Author Contribution Statement	65

Abbreviations: M4, caudal cingulate cortex; CMAs, cingulate motor areas; EMG, electromyography; fMRI, functional magnetic resonance imaging; LPMCd, dorsal lateral premotor cortex; LPMCv, ventral lateral premotor cortex; LPS, levator palpebrae superioris; LTD, long-term depression; LTP, long-term potentiation; MCA, middle cerebral artery; OO, orbicularis oculi muscle; M1, primary motor cortex; PD, Parkinson's disease; PSP, progressive supranuclear palsy; Vc/C1, subnucleus caudalis-upper cervical spinal cord; SMA, supplementary motor area; M2, supplementary motor cortex; M3, rostral cingulate cortex; TMS, transcranial magnetic stimulation; Vi/Vc, trigeminal nucleus interpolaris-caudalis transition zone.

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Acknowledgments	65
References	65

1. Introduction

The eyelids play a role in protecting the eyes from potential injuries caused by harmful mechanical and chemical stimuli, as well as continuous exposure to light. Additionally, eyelid motion is instrumental in maintaining the integrity of the ocular surface and facilitating efficient lacrimal drainage. The eyelids' dynamic movement helps replenish the pre-corneal tear film and cleanse the eyes. The act of blinking accomplishes all these functions. Blinking is defined as a temporary closure of both eyes, involving movements of the upper and lower eyelids and consisting of three phases: the closing phase, the opening phase, and the inter-phase pause, i.e., the time elapsing between the end of the closing phase and the beginning of the opening phase (Bologna et al., 2013). Blinking is crucial in preventing dryness and discomfort of the corneal surface, ensuring optimal eye health, and providing undisturbed visual inputs.

The study of eyelid movements when blinking offers interesting insights into specific aspects of motor control. Indeed, eyelid movements differ from limb or axial movements since they are more stereotyped and primarily governed by three muscles (Evinger et al., 1991). The first is the orbicularis oculi muscle (OO), which consists of the preseptal, pretarsal, and ciliary parts; it is innervated by motor neurons of the VII cranial nerve originating at the pontine level. The OO primarily controls vertical downward movements, specifically eyelid closure. On the other hand, the levator palpebrae superioris muscle (LPS), innervated by motor neurons of the III cranial nerve originating at the midbrain level, is responsible for the vertical position and upward movements of the eyelid, facilitating eye-opening. Finally, there is also a minor muscle, i.e., the sympathetic dependent tarsal muscle of Muller, which originates from the LPS and inserts onto the upper margin of the tarsal plate, providing an additional upward force on the eyelid (Esteban et al., 2004; Evinger et al., 1991). The OO and the LPS exhibit distinct characteristics in their muscle fiber physiology (Brooke and Kaiser, 1970; Porter et al., 1989). Notably, the OO comprises a significantly larger proportion of fast twitch type I fibers than the LPS. This discrepancy accounts for the classical asymmetric temporal pattern observed in eyelid movement, wherein the closing phase of the OO is considerably faster than its opening phase (Hwang et al., 2011). Other passive forces, mainly represented by the tendon-aponeurotic apparatus of the upper eyelid, as well as other physical factors involving the upper eyelid, such as stiffness and viscosity, also provide an elastic energy contributing to the eyelid closure (Esteban et al., 2004). The distinct muscle features, along with their respective innervation and supranuclear control, form the fundamental basis for eyelid control and contribute to the precise coordination of eyelid movements (Bologna et al., 2013; Esteban et al., 2004; Evinger et al., 1991; Schmidtke and Büttner-Ennever, 1992).

In the following sections, we will first introduce the different blinking types and the methods for their neurophysiological assessment. Then, we will discuss the anatomical pathways and mechanisms responsible for controlling eyelid movements in humans during different types of blinking under normal physiological conditions. We will consider recent advances in our understanding of these processes, primarily based on findings from neurophysiological studies in animals and humans. The relevant findings from the major neuroimaging studies on the topic will be considered. It is important to note that, in addition to primary

ocular pathological conditions (Mak et al., 2016; McMonnies, 2021, 2007), blinking abnormalities can occur in various neurological disorders (Agostino et al., 2008; Antelmi et al., 2016; Bologna et al., 2016, 2014, 2013, 2012, 2009; Bologna and Paparella, 2020; Cabib et al., 2014; Deuschl and Goddemeier, 1998; Karson et al., 1984; Kimber and Thompson, 2000; Korosec et al., 2006; Lozza et al., 1997; Manca et al., 2001; de Tommaso et al., 2001; Valls-Sole, 2019; Valls-Solé et al., 1997). These disorders encompass conditions affecting the neuromuscular system as well as those involving the brainstem or basal ganglia, such as movement disorders. Blinking abnormalities may also be observed in disorders of functional origin (Hanzlíková et al., 2019), in psychiatric diseases (Barbato et al., 1993; Caplan and Guthrie, 1994; Karson et al., 1986; Kleinman et al., 1984), and in disorders generated as side effects of the use of drugs such as antipsychotics (Karson, 1983; Keshavan et al., 1983; Lin et al., 2006). Accordingly, when relevant, we will briefly describe the most significant abnormalities in blinking observed in these pathological conditions.

2. Blinking types and their neurophysiological assessment

During blinking, the OO and LPS muscles exhibit reciprocal activation patterns. Prior to and during the activation of the OO, there is an inhibitory modulation of the basal tonic activity in the LPS, which is responsible for eyelid elevation (Cruz et al., 2011; Evinger et al., 1991; Porter et al., 1989). In the pre-blink phase, the activity of the LPS diminishes, while the motoneurons of the face generate a transient, high-frequency burst of activity in the orbicularis oculi. This burst of activity induces a temporary downward movement of the upper eyelids. As the activity in the OO ceases, the LPS reverts to its original tonic activity, resulting in the elevation of the upper eyelid and re-opening of the eye (Aramideh et al., 1994; Bjork and Kugelberg, 1953; Bour et al., 2002; Esteban et al., 2004; Esteban and Salinero, 1979; Evinger et al., 1991, 1984). Thus, during the closing phase, the passive downward force of the LPS sums up to the active burst of the OO, while the opening phase depends almost entirely on the LPS. Consequently, the closing phase usually has a greater mean, peak velocity, and a shorter duration than the opening phase. Finally, while the OO plays a key role in blinking movements, the LPS is likely the only actor in the small saccadic lid movements accompanying vertical saccadic eye movements. For upward saccadic eye movements, increases in LPS muscle activity raise the eyelid, and for downward saccades, the LPS transiently turns off, allowing the upper eyelid to fall (Becker and Fuchs, 1988; Evinger et al., 1991; Van Allen and Blodi, 1962).

Three distinct types of blinking have been delineated in the literature (Table 1). The reflex blink is characterized by its response to abrupt somatosensory, auditory, or visual stimuli. This blink is elicited involuntarily and serves as a protective mechanism in response to potentially threatening or startling stimuli. Spontaneous blink manifests as periodic and unconscious eyelid closures, exhibiting variable rates among individuals. These spontaneous blinks occur without any immediate external stimuli and contribute to maintaining ocular surface lubrication. A voluntary blink is an intentionally performed eyelid movement to close the eyes. Unlike reflex and spontaneous blinks, voluntary blinks are under volitional control and can be employed for various purposes, such as communication or alleviating ocular discomfort. By classifying blinking into these distinct categories, researchers have been able

Table 1
Synopsis of the main features and studies on reflex, spontaneous and voluntary blinking. M1: primary motor cortex, LPMCv: ventral lateral premotor cortex, LPMCd: dorsal lateral premotor cortex. SMA: supplementary motor cortex.

	Methodologies	Main mechanisms /brain areas	Major references
Reflex blinking	Corneal mechanical/electrical stimulation, supraorbital nerve percutaneous electrical stimulation, electrical stimulation of trigeminal branches other than the ophthalmic, visual/ acoustic stimuli, high-intensity laser pulses to any trigeminal division, electrical stimulation of a peripheral nerve or the skin of the body or limbs (somatosensory-evoked blink response).	Cutaneous receptors of cornea and face, trigeminal ganglion neurons (Aδ and C type), spinal trigeminal nucleus. Supraorbital nerve Aβ, Aδ and C type fibers, olygo-synaptic pontine circuit and polysynaptic interneurons chain in the pontomedullary reticular area. Influences by the M1, basal ganglia, substantia nigra, superior colliculus, nucleus raphe magnus, and cerebellum.	Accornero et al., 1980; Kimura et al., 1985; Berardelli et al., 1985a; Hori et al., 1986; Schmidtke and Büttner-Ennever, 1992; Basso and Evinger, 1996; Esteban, 1999; Cruccu and Deuschl, 2000; Hirata et al., 2004; Cruccu et al., 2005; Chen and Evinger, 2006; Henriquez and Evinger, 2007; Bologna et al., 2010; Bologna et al., 2013
Spontaneous blinking	Usually recorded for 60-s epochs during a rest condition while participants are asked to relax and look straight at a fixed point. Spontaneous blinking rate, interblink intervals, amplitudes and velocity of the opening and closing phase, duration of the inter-phase pause are considered.	Regulated by the central dopaminergic tone (which increases spontaneous blinking rate), and by the cholinergic and GABA-ergic tones (which decrease spontaneous blinking rate). Influences by the frontal cortex activity, spinal trigeminal complex, parapontine reticular formation, and cerebellum.	Karson, 1983; Karson et al., 1984; Montagna and Zucconi, 1984; Kleinman et al., 1984; Kimber and Thompson, 2000; Dougherty, 2001; Kaneko et al., 2004; Naase et al., 2005; Yoon et al., 2005; Agostino et al., 2008; Sforza et al., 2008; Cruz et al., 2011; Kaminer et al., 2011; Bologna et al., 2013; Bologna et al., 2016; Paparella et al., 2020; Ranti et al., 2020; Sanchis-Jurado et al., 2020.
Voluntary blinking	Recorded by asking participants to look at a fixed point and blink as fast as possible after a verbal/sound command. Amplitudes and velocity of the opening and closing phase, and duration of the inter-phase pause are usually considered.	Primary mediated by M1, LPMCv and LPMCd. Influences by the SMA, rostral and caudal cingulate cortices, frontal eye field, supplementary eye field, posterior parietal cortex. The occipital and the cerebellum may also play a role.	Kuyppers, 1958; Jenny and Saper, 1987; Schmidtke and Büttner-Ennever, 1992; Bodis-Wollner et al., 1999; Bour et al., 2000; Morecraft et al., 2001; Delgado-García et al., 2003; Sohn et al., 2004; Zadikoff and Lang, 2005; Agostino et al., 2008; Suzuki et al., 2010; van Koningsbruggen et al., 2012; Bologna et al., 2012; Bologna et al., 2013; Valls-Sole, 2019; Sanchis-Jurado et al., 2020.

to elucidate the different physiological and neural mechanisms underlying each type, providing valuable insights into the multifaceted nature of this fundamental ocular motor behavior (Bologna et al., 2013; Bour et al., 2000; Cruz et al., 2011; Delgado-García et al., 2003; Kofler et al., 2023; Snow and Frith, 1989; Valls-Sole, 2019, 2012; VanderWerf et al., 2003).

Our current understanding of the neural control of the eyelid comes from studies on animals and in healthy human subjects, as well as on human patients with various neurological and psychiatric diseases (Agostino et al., 2008; Bologna et al., 2016, 2014, 2013, 2012, 2009; Bour et al., 2002; Caplan and Guthrie, 1994; Deuschl and Goddemeier, 1998; Hanzlíková et al., 2019; Karson et al., 1986, 1984; Kimber and Thompson, 2000; Kleinman et al., 1984; Korosec et al., 2006; Lozza et al., 1997; Manca et al., 2001; de Tommaso et al., 2001; Valls-Sole, 2019; Valls-Solé et al., 1997). Blinking recording techniques have evolved over the years. In the past, the eyelid motion was registered with mechanical systems that were no longer employed, in which the eyelid was attached to a lever arm connected to a device that registered the lid motion (Cruz et al., 2011). To date, more sophisticated methods are available, which overall provide information on the rate of blinking (blink/min), on the interval of time between two consecutive blinks, namely the interblink interval, on the amplitude (usually expressed in degrees or mm) and velocity (degrees/s or mm/s) of the closing and opening phases, and on the duration of the inter-phase pause (ms) (Bologna et al., 2013; Cruz et al., 2011). Among these techniques, electrooculography measures blinking, placing the electrodes vertically above the eyebrow and on the malar prominence in line with the pupil. In this setting, an eyeblink is defined as a minimal voltage change during a certain period (Denney and Denney, 1984). Electromyographic (EMG) techniques can be used to record and non-invasively analyze the activation of the OO through surface electrodes, whereas the activity of the LPS muscle can only be recorded and analyzed using needle electrodes (Aramideh et al., 1994; Aramideh and Ongerboer de Visser, 2002; Cruccu and Deuschl, 2000; Esteban et al., 2004; Grandas et al., 2020; Van Allen and Blodi, 1962). The search coil technique and optoelectronic motion analyzers can also be used to perform a detailed, objective evaluation of eyelid kinematics during the

different types of blinking (Becker and Fuchs, 1988; Bologna et al., 2013; Bour et al., 2002, 2000; Evinger et al., 1991; Paparella et al., 2020; Sforza et al., 2008; Sprenger et al., 2008; VanderWerf et al., 2003). However, since these techniques entail attaching fine wire coils or reflective markers to the upper eyelids and require expensive laboratory equipment, they may be technically challenging and not easily applicable on a large scale. More recently, computer-assisted video acquisition systems (frame rate per second ranging from 4 to 280), suitable for real-time measurement of blinking even in the clinical setting, have been adopted (DeAngelis et al., 2019; Espinosa et al., 2018; Godfrey et al., 2019; Kwon et al., 2013; Lapa et al., 2023; Nousias et al., 2022; Paparella et al., 2022; Sanchis-Jurado et al., 2020; Wambier et al., 2014). Also, infrared reflectance measures blinking by using an infrared LED to illuminate the eye surface and a phototransistor or a photodiode mounted on an eyeglass frame to detect the infrared light reflected from the eye. The blink signal is based on the difference between the light emitted and the light reflected from the eyelid and eyeball (Cruz et al., 2011). Neurophysiological techniques and various experimental methods have also been used, either alone or combined with neuroimaging, to accurately characterize the different types of blinking and shed light on their neural control systems (Casse et al., 2007; Cruccu et al., 2005; Guipponi et al., 2015).

3. Reflex blinking

The reflex control of blinking relies on neural mechanisms that involve visual stimuli converging on the motor effectors at the brainstem level, auditory stimuli mediated by the ventral cochlear nucleus, as well as sensory stimuli from trigeminal or extratrigeminal sources. In fact, startling-like inputs of any sensory modality may activate nuclei of the reticular formation to give rise to a reflex reaction, the smallest expression of which is a blink (Brown et al., 1991; Rimpel et al., 1982; Rothwell et al., 2021).

The coordination of OO and LPS muscle activation during reflex blinking suggests the presence of a premotor neural structure within the brainstem. This structure acts as a generator, integrat-

ing sensory stimuli of various types and connecting them with different motor nuclei, namely the motor nuclei of the VII and III cranial nerves (Schmidtke and Büttner-Ennever, 1992). In contrast to other body parts, the eyelid is characterized by a limited number of proprioceptors since it moves within a relatively constant mechanical load. As a result, reflex eyelid movements exhibit a unique property of being unaffected by monosynaptic stretch reflexes. This peculiarity highlights the distinct nature of the neural control mechanisms governing reflex eyelid movements (Bologna et al., 2013; Delgado-García et al., 2003; Valls-Solé, 2019).

Both visual (photic) and acoustic stimuli can cause a reflex closure of the eyes (Esteban, 1999). In these cases, blinking responses are formed by a single bilateral component of the OO. These responses are characterized by a marked intra- and interindividual latency variation and have been considered equivalent to the second responses of the electrical trigeminal blink reflex (see next paragraphs). The central pathways of photic and acoustic blink reflexes remain uncertain. Due to experimental observations showing preserved photic and acoustic reflexes in animals and humans with temporal and occipital cortical lesions (Hill et al., 1961; Hori et al., 1986; Khater-Boidin and Duron, 1987; Weiskrantz et al., 1974), it is almost certain that the cerebral cortex does not participate. The tentative visual pathway would convey the impulses from the retina throughout the optic nerve, optic tract, lateral geniculate body and pretectum/central tegmental tract (Esteban, 1999). A possible acoustic reflex pathway would include the ventral cochlear nucleus, the superior olivary complex, the lateral lemniscus nuclei and the caudal colliculus (Hori et al., 1986).

Reflex blinking is also induced by somatosensory inputs from the cornea and the cutaneous receptors of the ophthalmic division of the V cranial nerve (Cruccu and Deuschl, 2000). Corneal receptors encode somatosensory stimuli, which are transmitted through primary afferents of the trigeminal ganglion neurons, i.e., thin myelinated (A δ type) and unmyelinated (C type) fibers, which are in turn located in two spatially distinct regions of the spinal trigeminal nucleus in the lower brainstem, specifically the trigeminal nucleus interpolaris-caudalis transition zone (Vi/Vc) and the sub-nucleus caudalis-upper cervical spinal cord (Vc/C1) (Hirata et al., 2004, 2003). Vi/Vc Neurons are second-order neurons of the reflex path projecting to OO motoneurons. Recordings of Vi/Vc neurons have revealed two distinct neuron types, i.e., tonic and phasic. The blink amplitude increases with the recruitment of tonic and phasic neurons according to the number of spikes evoked by the corneal stimulus (Henriquez and Evinger, 2007). The neurons located at the Vi/Vc transition also project to the superior salivatory nucleus and mediate tear production in response to irritation caused by the original tear film deficiency or noxious chemical stimulation of the ocular surface (Hirata et al., 2004). The neurons located within the superficial laminae (I–II) of the Vc/C1 transition project to the posterior thalamic nucleus (a central relay of thermal-pain inputs from the face) and are likely to play a prominent role in the sensory-discriminative aspects of corneal nociception. While reflex blinking to corneal stimuli is purely mediated by A δ fibers, the blink reflex to cutaneous inputs from the face is thought to be mediated by the A β afferents that convey touch sensation. They project mechano-sensitive neurons in the medullary laminae III–IV and to the polysynaptic chain of wide-dynamic-range brainstem interneurons in the pontomedullary reticular area, equivalent to the spinal lamina V. The relaying afferent inputs cross the midline and then ascend from the medulla to the efferent branch of the trigeminal-facial reflex, i.e., the facial motor neurons innervating the OO (Aramideh and Ongerboer de Visser, 2002; Cruccu et al., 2005).

In experimental conditions, reflex blinking can be elicited in humans by mechanical or electrical stimulation of the corneal surface, which activates A δ fibers (corneal reflex) (Accornero et al.,

1980; Cruccu et al., 1986) or by the percutaneous electrical stimulation of the supraorbital nerve, which activates A β , A δ , and C type fibers of the nerve trunk (blink reflex) (Aramideh and Ongerboer de Visser, 2002; Bour et al., 2000; Cruccu et al., 2005; Cruccu and Deuschl, 2000; Kimura et al., 1970, 1969; Kofler et al., 2023; Pellegrini et al., 1995; Powers et al., 1997; Rothwell et al., 2021). Afferents from the cornea yield a bilateral late electromyographic response in the OO at a latency of approximately 40 ms but not early responses, even with supramaximal stimulation (Accornero et al., 1980). Inputs from the supraorbital nerve, instead, yield an early ipsilateral R1 response in the OO, observed at a latency of approximately 10 ms, mediated through an oligo-synaptic pontine circuit, and a late bilateral R2 response, which occurs in the OO at a latency of approximately 30–35 ms (Aramideh and Ongerboer de Visser, 2002; Cruccu et al., 2005; Cruccu and Deuschl, 2000; Esteban, 1999; Kimura et al., 1970, 1969). In the human blink reflex, a third component also exists, namely the R3 response, which is bilateral and has a mean onset latency of around 80 ms (Esteban, 1999). Sometimes it can be difficult to distinguish the R3 from the R2 component, especially in pathological conditions, thus the presence of R3 occasionally makes the analysis of the basal reflex excitability rather complicated (Esteban, 1999). Blink reflexes do not differ significantly between males and females. R2 latency may increase with age (Kofler et al., 2013; Peddireddy et al., 2006). It was also reported that when the R2 component of the blink reflex was habituated by repetitive stimuli, stimulation of the cornea still evoked a reflex, but supraorbital stimulation produced only a depressed R2 response (Berardelli et al., 1985a). The fact that the blink reflex to corneal stimuli is less prone to habituation phenomena from low-frequency repetitive stimulation compared with the R2 component of the blink reflex to supraorbital nerve stimuli indicates that the reflex eyelid movements evoked by these various afferent inputs are mediated through different neural substrates (Berardelli et al., 1985a). While inputs from the cornea relay to only a few intramedullary synapses, the afferents contributing to the R2 component of the blink reflex to supraorbital nerve stimuli relay to a polysynaptic chain of interneurons in the pontomedullary reticular area (Berardelli et al., 1985a; Cruccu et al., 2005). Evidence from studies on animals and on healthy humans indicates that high-frequency stimulation of the supraorbital nerve may result in the long-term potentiation (LTP)-like and long-term depression (LTD)-like plasticity mechanisms in the synapses of the blink reflex circuit, as indexed by facilitatory or inhibitory changes of the R2 component area (Bologna et al., 2010; Mao and Evinger, 2001). The data also support the hypothesis that LTP and LTD mechanisms play a role in humans' adaptive modification of reflex blink circuits (Bologna et al., 2010; Mao and Evinger, 2001). Concerning the physiology of the late R3 component, some evidence suggested that nociceptive afferent fibers mainly conduct R3, though it shares some central and peripheral pathways with the R2 component (Esteban, 1999). Alternative evidence suggests that the R3 reflects a somatosensory startle reaction rather than a nociceptive reflex (Ellrich and Hopf, 1996; Kofler and Halder, 2014; Téllez et al., 2009; Versace et al., 2020). The blink reflex may also be elicited by stimulating trigeminal branches other than the ophthalmic (Jääskeläinen, 1995). Furthermore, high-intensity laser pulses directed to any trigeminal division may elicit reflex blinking responses (Romaniello et al., 2003). Finally, the somatosensory-evoked blink response is another type of reflex blinking, which is elicited by electrical stimulation of a peripheral nerve or the skin of the body or limbs (Miwa et al., 1998), and is thought to be the result of the integration of facilitatory and inhibitory mechanisms within the brainstem (Miwa et al., 1998, 1996).

Experimental observations in humans showed that the late component of the blink reflex is depressed in patients with hemi-

spheric cerebral vascular lesions because of damage to corticonuclear projections and slowed transmission of impulses in the brainstem circuits (Berardelli et al., 1983; Catz et al., 1988; Kaplan and Kaplan, 1980; Kimura et al., 1985). Although these changes apply to reflexes evoked by both corneal and supraorbital nerve stimuli, the blink reflex to supraorbital nerve stimuli displays a greater safety factor, as indicated by the fact that it is inhibited in a lower percentage of cases (Berardelli et al., 1983; Kimura et al., 1985). More recently, it has been reported that recovery of the R2 component of the blink reflex in healthy humans is significantly inhibited after low-frequency and sub-threshold repetitive transcranial magnetic stimulation (rTMS) of the primary motor cortex (M1), which thus confirms the existence in humans of cortical facilitatory drive to the brainstem reflex pathways (De Vito et al., 2009). These data provide evidence of crossed facilitation from widespread areas within the cortex and from the sensory representation of the face to the brainstem circuits mediating the blink reflex response.

Neurophysiological studies, mainly performed in the 1980s and 1990s, in patients with movement disorders, like blepharospasm, Parkinson's disease (PD) and dystonia, provided evidence of enhanced excitability of the blink reflex circuits in these conditions, likely resulting from changes of central dopamine activity levels and abnormal basal ganglia influences on brainstem structures which mediate the trigeminal reflexes (Agostino et al., 1987; Antelmi et al., 2016; Berardelli et al., 1985b; Deuschl and Goddemeier, 1998; Miwa et al., 1996; Nakashima et al., 1990; Pauletti et al., 1993; de Tommaso et al., 2001; Valls-Solé et al., 1997). Studies on animals also described the possible circuits sub-serving the basal ganglia modulation of reflex blinking circuits (Basso et al., 1996; Basso and Evinger, 1996). The basal ganglia output via the substantia nigra pars reticulata inhibits neurons in the superior colliculus, which in turn excites tonically active neurons of the nucleus raphe magnus; finally, neurons in the nucleus raphe magnus inhibit spinal trigeminal neurons involved in the reflex blink circuits (Basso et al., 1996; Basso and Evinger, 1996; Gnadt et al., 1997). It has been suggested that noxious stimuli in the face transiently increase the output of the basal ganglia, suppressing orienting behavior to allow unopposed withdrawal or defensive behaviors. In addition to suppressing orienting behavior, data indicate that the basal ganglia output increases the sensitivity of cutaneous reflexes to enhance the protective function of trigeminal reflex blinks (Basso et al., 1996; Basso and Evinger, 1996). As opposite to the demonstrated enhanced blink reflex circuit excitability, however, the kinematics of reflex blinking, including the opening and closing phases, as well as the inter-phase pause duration, were normal in PD (Agostino et al., 2008; Bologna et al., 2013). Conversely, in atypical parkinsonism, e.g., progressive supranuclear palsy (PSP), patients showed a normal closing phase but a prolonged inter-phase pause of reflex blinking (Bologna et al., 2009). In this case, the brainstem damage related to PSP may play a predominant role in lengthening the switching between the closing and opening phases during reflex blinking.

Few data are also available on the role played by the cerebellum in the modulation of normal reflex blinks. Animal studies have shown that two groups of neurons in the interpositus nucleus respond to corneal stimulation. The tonic discharge in pause neurons ceases following stimulation of the cornea, whereas burst neurons display a transient increase in their firing frequency. Cessation of pause neuron activity appears to contribute to the end of the blinks. A delay in the increased tonic discharge rate and cessation of pause neuron activity is accompanied by an increased amplitude and duration of the reflex blinks resulting from blink adaptation. Pause neurons treated with GABA(A) antagonists once again yield an increase in reflex blink amplitude and duration, accompanied by increased tonic activity and a delayed pause. By

contrast, burst neurons do not appear to modulate reflex blinks. Burst neuron discharges neither correlate with blink characteristics nor with blink adaptation. These findings indicate that pause neurons affect reflex blinks by providing a tonic excitatory input to facial motor neurons during lid closure and then inhibiting the facial motor neurons from adjusting the termination of lid closure; in contrast, burst neurons appear to play a role in eyelid conditioning (Chen and Evinger, 2006).

In summary, the neural control of reflex eyelid movements is mediated primarily by motor effectors and circuits at the brainstem level. Other supra-segmental structures, including the cerebral hemispheres, basal ganglia, and cerebellum, also modulate the excitability of the blink reflex circuits.

4. Spontaneous blinking

Although spontaneous blinking is one of the most frequent human movements, and an abnormal blink rate is frequently observed in various neurological conditions, the neural mechanisms underlying this movement are unclear.

The rate of spontaneous blinking broadly varies across individuals, being subjected to factors including lighting, time of the day, fatigue, temperature, wind, ocular surface status, level of mental activity, sex and age (Cruz et al., 2011; Doughty, 2001). Spontaneous blinking rate is lower in neonates and infants (from 0.7 to 2.7 blinks/min according to some reports) (Bacher and Smotherman, 2004; Cruz et al., 2011), it increases rapidly in children and adolescents and stabilizes in adults, with a mean value ranging from 10 to 20 blinks/min (Cruz et al., 2011). The spontaneous blinking rate is usually higher in older subjects than younger subjects, as well as in women than men (Ranti et al., 2020). Anxiety, visual fatigue, sleep deprivation, driving, and tasks requiring speech, memory or mental load increase the spontaneous blinking rate (Cruz et al., 2011). Conversely, spontaneous blinking is inhibited during engaged visual attention to minimize blink-induced interruption to visual information (Ranti et al., 2020). The interblink interval is also markedly variable. Subjects with the same spontaneous blinking rate may blink in different ways, and four patterns of interblink interval distribution have been described, including the J-shaped, irregular plateau, bimodal, and symmetrical pattern (Cruz et al., 2011; Naase et al., 2005; Sanchis-Jurado et al., 2020). Finally, spontaneous blinking amplitudes, usually referring to the down phase of the movement, range from less than 10 degrees up to 60 degrees. The mean amplitude decreases in older patients (Sun et al., 1997). Also, young men close their eyes completely (or almost completely) 44% of the time, whereas the eyelid closure of older men and women is less frequently complete (between 25% to 75% of the maximum excursion) (Ranti et al., 2020; Sforza et al., 2008). The peak velocity of the spontaneous blinking movement is always achieved during the down phase, while the up phase is slower. Additionally, the maximum velocity reduces with age during eyelid closure and opening. Women move faster than men (Sforza et al., 2008).

Neuropharmacological and clinical observations and experimental studies in neurological diseases such as PD, atypical parkinsonism and schizophrenia indicate that the neural control of spontaneous blinking is closely related to central dopaminergic activity. Dopamine has, ever since the early 1980s, been known to facilitate the blink rate (Karson, 1983), whereas the central cholinergic and GABA-ergic tone is known to be inversely related to the spontaneous blink rate. Due to the reduced central dopaminergic activity, a reduced spontaneous blink rate is a common finding in parkinsonian syndromes (Agostino et al., 2008; Altiparmak et al., 2006; Bologna et al., 2016, 2014, 2013, 2012, 2009; Demiral et al., 2022; Deuschl and Goddemeier, 1998; Hanzlíková

et al., 2019; Karson et al., 1984; Kimber and Thompson, 2000; Korosec et al., 2006; Valls-Solé, 2019). A progressive reduction in spontaneous blink rate often reflects a worsening clinical picture in these conditions. Dopaminergic replacement stabilizes the spontaneous blinking rate (Bologna et al., 2009; Kimber and Thompson, 2000). Reduced spontaneous blinking rate in PD is also increased by subthalamic nucleus deep brain stimulation (Bologna et al., 2012). Conversely, a significant increase in the blink rate in parkinsonian patients off medication may be an indicator of dystonia (Kimber and Thompson, 2000), also supporting other evidence which showed an increased spontaneous blinking rate in individuals with primary dystonia (Valls-Solé et al., 1997). In atypical parkinsonisms, including PSP, the spontaneous blink rate is strongly reduced (Altıparmak et al., 2006; Bologna et al., 2009), together with the peak velocities and amplitudes of both the closing and opening phases (Bologna et al., 2009). This is thought to reflect the reduced central dopaminergic activity and a primary degeneration of cerebral structures, generating spontaneous blinking, including the mesial cortical areas in the frontal lobe and brainstem (see next paragraph) (Bologna et al., 2013). The increased blink rate in schizophrenia, particularly in medication-naïve subjects, lends further support to the important role played by the central dopaminergic neurotransmitter systems in regulating spontaneous blinking (Karson, 1983; Karson et al., 1984; Kleinman et al., 1984). Previous evidence also showed that dopamine plays a role in antinociceptive processes (Rezaee et al., 2020; Wawrzczak-Bargieła et al., 2020). Notably, a recent study demonstrated an increased spontaneous blinking rate during pain stimulation in healthy humans (Paparella et al., 2020), interpreted as reflective of an increased central dopaminergic tone due to pain. Finally, another recent report investigating the possible relationship between spontaneous blinking rate, as a marker of dopamine system functioning, and individual performance during high-incentive conditions demonstrated that people with low spontaneous blinking rate could improve their performance when incentives were at stake; in contrast, people with high basal spontaneous blinking rate were not. These findings are consistent with the idea that suboptimal performance in high-stakes conditions may stem from the neuromodulatory effects of dopamine (van de Groep et al., 2017), further supporting the relationship between dopamine and spontaneous blinking.

Studies in humans based on functional magnetic resonance imaging (fMRI) and the electrooculogram suggest that the mesial areas of the frontal cortex may play a role in generating spontaneous eye blinking (Kaneko et al., 2004; Montagna and Zucconi, 1984; Yoon et al., 2005). More recent data from animal models, however, indicate that the spinal trigeminal complex is another major element in the generation of spontaneous blinking (Kaminer et al., 2011). The spontaneous blink rate is probably controlled by a definable neural system originating in the parabrachial reticular formation, which is believed to facilitate spontaneous eye blinking. In this regard, it has been demonstrated that observing patients' spontaneous blinking rate could help to discriminate between vegetative state/unresponsive wakefulness syndrome and minimally conscious state, with the latter showing a significantly higher spontaneous blinking rate as compared to the former (Magliacano et al., 2021). Spontaneous blink rate might, however, also be modulated by influences provided by other structures, like the cerebellum, though its role is unclear. Lastly, spontaneous blinking can be volitionally suppressed, and a few studies demonstrated the involvement of the insular cortex and other brain areas in blinking suppression and the associated sense of urge to blink that comes with it (Berman et al., 2012).

To sum up, studies in humans and animals possibly indicate the existence of a generator of spontaneous blinking in the brainstem, which is subject to numerous influences, including dopamine, as

well as to a cortical control, by which spontaneous blinking can be voluntarily suppressed (Berman et al., 2012).

5. Voluntary blinking

The origin and course of cortical projections mediating voluntary control of the eyelid are not yet entirely understood.

Studies on non-human primates revealed that distinct cortical areas are involved in the voluntary control of facial expressions. Animal studies designed to investigate the distribution of cortico-facial projections showed that brain areas on frontal lobe convexity, including M1 and the ventral lateral premotor cortex (LPMCv) give rise to the main corticofacial projections. The dorsal lateral premotor cortex (LPMCd) and other areas on the medial surface of the frontal lobe, e.g., the supplementary motor cortex (M2), rostral cingulate cortex (M3) and caudal cingulate cortex (M4), make a further important contribution to muscle innervations of the face. M1, LPMCv, M4 and LPMCd primarily innervate the contralateral lower muscles, whereas M2 and M3 bilaterally innervate the upper face, including the eyelid (Morecraft et al., 2001). This complex innervation explains why the middle cerebral artery (MCA) occlusion usually results in paralysis of the contralateral lower face, but it spares the upper face. As historically assumed, this may be a consequence of the bilateral innervation from M1 that the upper musculature of the face receives compared to the lower face, which is innervated only by the contralateral M1. However, not all studies fully support this classic interpretation (Jenny and Saper, 1987; Kuypers, 1958). As recently emphasized (Morecraft et al., 2001), since the origin of the M3 projection is located within the vascular territory of the anterior cerebral artery, the bilateral sparing of the upper face following superficial MCA occlusion is due, in part, to sparing of anterior cingulate projection to the dorsal and medial regions of the facial nucleus. Moreover, the fact that in animals there is widespread face representation at the cortical level raises the possibility that each face representation may innervate the facial nucleus, preferentially targeting subsectors controlling different groups of muscles, given the musculotopic organization of the primate facial nucleus (Morecraft et al., 2001).

Earlier studies in humans demonstrated that cortical areas regulate the tonic activity in the LPS muscles. Thus, eyelid opening could be evoked by electrical stimulation of cortical areas of the frontal, temporal and occipital cortex, whereas various lesions in the same structures lead to eyelid ptosis. Several dysfunctions of voluntary eyelid control, including the so-called phenomena of 'apraxia' of eyelid opening and closing, are often observed in a variety of neurological conditions characterized by focal or widespread cortical damage (Schmidtke and Büttner-Ennever, 1992; Zadikoff and Lang, 2005). TMS studies on healthy humans have confirmed that the upper muscles of the face are innervated mainly by descending projections arising in the midline frontal region (Sohn et al., 2004). Studies using fMRI revealed that voluntary blinks are associated with activation of frontal, occipital and parietal cortex (Bodis-Wollner et al., 1999, 1997). Another fMRI study focused on the role of the cingulate motor areas (CMAs) in voluntary blinking based on the evidence that in nonhuman primates, CMAs send a preferential projection to the dorsal and intermediate facial subnuclei controlling the OO and frontalis (Morecraft et al., 2001). The authors demonstrated rostral cingulate activity in the cingulate or paracingulate sulcus: one close to the genu of the corpus callosum (anterior part of the rostral cingulate zone) and the posterior part of the rostral cingulate zone during voluntary blinking (Hanakawa et al., 2008). In addition, Suzuki et al., who explored the physiological mechanisms of voluntary eyelid closing/opening using positron emission tomography, concluded that the supplementary motor area (SMA) plays a role in the preparation and pro-

cessing of voluntary eyelid movements, M1 is involved in movement execution whereas the pre-SMA and cerebellum are likely involved in the generation of the eyelid movement rhythm (Suzuki et al., 2010). An fMRI study in healthy subjects showed that all areas of the oculomotor cortex were activated by both left and right winking, including the frontal eye field, the supplementary eye field, and the posterior parietal cortex. Blinking activated the frontal eye field and supplementary eye field, though not the posterior parietal cortex. Both the frontal eye field and posterior parietal cortex were significantly more active during winking than blinking. These results indicate that the frontal eye field plays a crucial role in voluntary unilateral eye closure (van Koningsbruggen et al., 2012).

Early neurophysiological investigations indicate different amounts and characteristics of EMG activity during voluntary and spontaneous blinking in healthy individuals (Valls-Solé, 2019). Kinematic analysis of voluntary blinking also demonstrated different kinematics compared to reflex and spontaneous blinking, further supporting a different supranuclear pathway organization. The blinking pattern is significantly more stable, and the number of complete blinks is higher during voluntary blinking than spontaneous blinking (Sanchis-Jurado et al., 2020). Nevertheless, some subjects may blink occasionally between the two go signals without being instructed to do so (Sanchis-Jurado et al., 2020). This non-instructed blinking may be considered a sporadic response to an insufficient wetting of the ocular surface after the previous blink. The mean and peak velocities and amplitudes are also higher during voluntary blinking than spontaneous blinking, as demonstrated by studies using the search coil technique and high-speed infrared video cameras (Sanchis-Jurado et al., 2020). Kinematic analysis of voluntary blinking has also been conducted in patients with PD (Bologna et al., 2013). These studies overall demonstrated normal velocity and amplitude of the closing and opening phases during voluntary blinking in patients but a longer duration of the inter-phase pause as compared to control subjects, only partially restored by dopaminergic treatment (Agostino et al., 2008; Bologna et al., 2012). The altered switching between the closing and opening phases of voluntary blinking has been interpreted as a consequence of PD's abnormal basal ganglia output, leading to functional deafferentation of the mesial frontal region areas, including the SMA, which subserve sequential movements. Again, deep brain stimulation of the subthalamic nucleus in PD patients prolongs the inter-phase pause duration for voluntary blinking without modifying this parameter during spontaneous and reflex blinking (Bologna et al., 2012). The present finding supports the hypothesis that the basal ganglia and interconnected cortical structures are primarily involved in the abnormal coordination of the timing and reciprocity of the OO and LPS muscle activation in PD.

In summary, studies on animals and neurophysiological and neuroimaging studies on humans indicate that the anatomical framework of the neural control of voluntary eyelid movement is centered on the frontal mesial areas, though other structures are also involved. This complex cortical organization justifies the peculiar features that characterize voluntary blinking in healthy individuals and pathological conditions.

6. Conclusions

Blinking movements are crucial to protect the eyes from potential injuries, maintain the ocular surface's integrity, and ensure optimal conditions for visual inputs. The study of blinking offers valuable insights into specific aspects of motor control. By classifying blinking into three distinct categories, i.e., reflex, spontaneous, and voluntary, researchers have tried to elucidate the main different physiological and neural mechanisms underlying each type of

blinking. The evidence indicates that the mutually reciprocal innervation of the OO and LPS muscles during the different types of blinking is controlled by premotor structures at the brainstem level and by partially overlapping circuitries distributed across cortical and subcortical structures (Table 1). Although the neural mechanisms underlying reflex blinking have been well documented, anatomical and neurophysiological studies on both animals and humans are needed to understand better the mechanisms involved in the neural control of spontaneous and voluntary blinking. Moreover, investigations comparing the blink dynamics in healthy subjects and patients with various diseases will likely provide additional information on the neural control of the eyelid.

Competing interest/Financial Disclosure/Conflict of Interest concerning the research related to the manuscript

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