

# EYE SQUEEZES



## PURPOSE

This exercise is intended to support the voluntary blinking mechanism that helps spread out your tears onto the front surface of your eyes. This will help the release of your own tear film and along with proper hydration and supplementation, allow for a more lubricated and comfortable front surface of the eyes during screen engagement.



## REPEAT

Repeat this exercise five times per day, ideally every day.

1

Begin this exercise by closing your eyes as tightly as possible and hold for five seconds. Begin this exercise by closing your eyes as tightly as possible and hold for five seconds.

2

Open your eyes and blink as quickly as possible fifteen times.

3

Repeat this exercise five times per day.