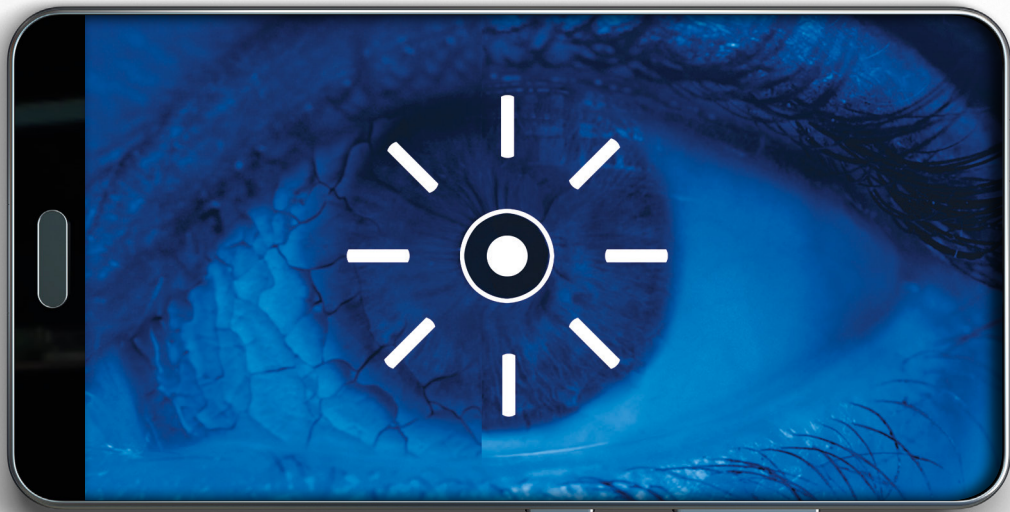


Take the Optrex Blink Test now to see if you have signs of screen-dry eye*



*Dry eye due to disruption of the lipid layer of the tear film.

See the back of card for instructions. For the full digital blink test go to [Optrex.co.uk/dry-eye-blink-test](https://www.optrex.co.uk/dry-eye-blink-test)



To take the test, follow these steps:

STEP 1

Blink twice and then start a 15 second timer.

STEP 2

Stare straight ahead at the white dot in the centre of the image on the reverse side without blinking for as long as possible.

STEP 3

Stop the timer once you start to feel discomfort in your eyes (e.g. irritation or the sensation of having a foreign body sensation in your eye).

STEP 4

Blink normally. The time taken to feel discomfort can provide an indication if you may be suffering from screen-dry eye*.

Understanding your results:†

1 to 5 seconds

This time indicates there is a strong likelihood that you may have dry eyes. Dry eyes can be relieved through appropriate eye care drops and sprays.

You should consult your healthcare professional for diagnosis and to review possible relief options.

6 to 10 seconds

This time indicates that you may have dry eyes linked to moisture evaporation.

Evaporative dry eye is caused by disruption of the protective lipid (oily) layer of your tear film, which covers the eye, and prevents moisture from evaporating. This is often triggered by modern day life, such as the environment (e.g. air conditioning), allergens (e.g. pollen) and even contact lens wear. Prolonged periods of staring at a computer screen can also cause moisture to evaporate, resulting in dry, sore and irritated eyes.

You should consult your pharmacist for diagnosis and to review possible relief options.

11 seconds or more

Based on this time you may not have dry eyes, particularly if you do not have any other eye symptoms. If you feel you are suffering from eye discomfort, you can discuss further with your healthcare professional or pharmacist.



*Dry eye due to disruption of the lipid layer of the tear film. †This test is not used to diagnose.