

# WHEN YOUR BLINK IS ON THE BLINK

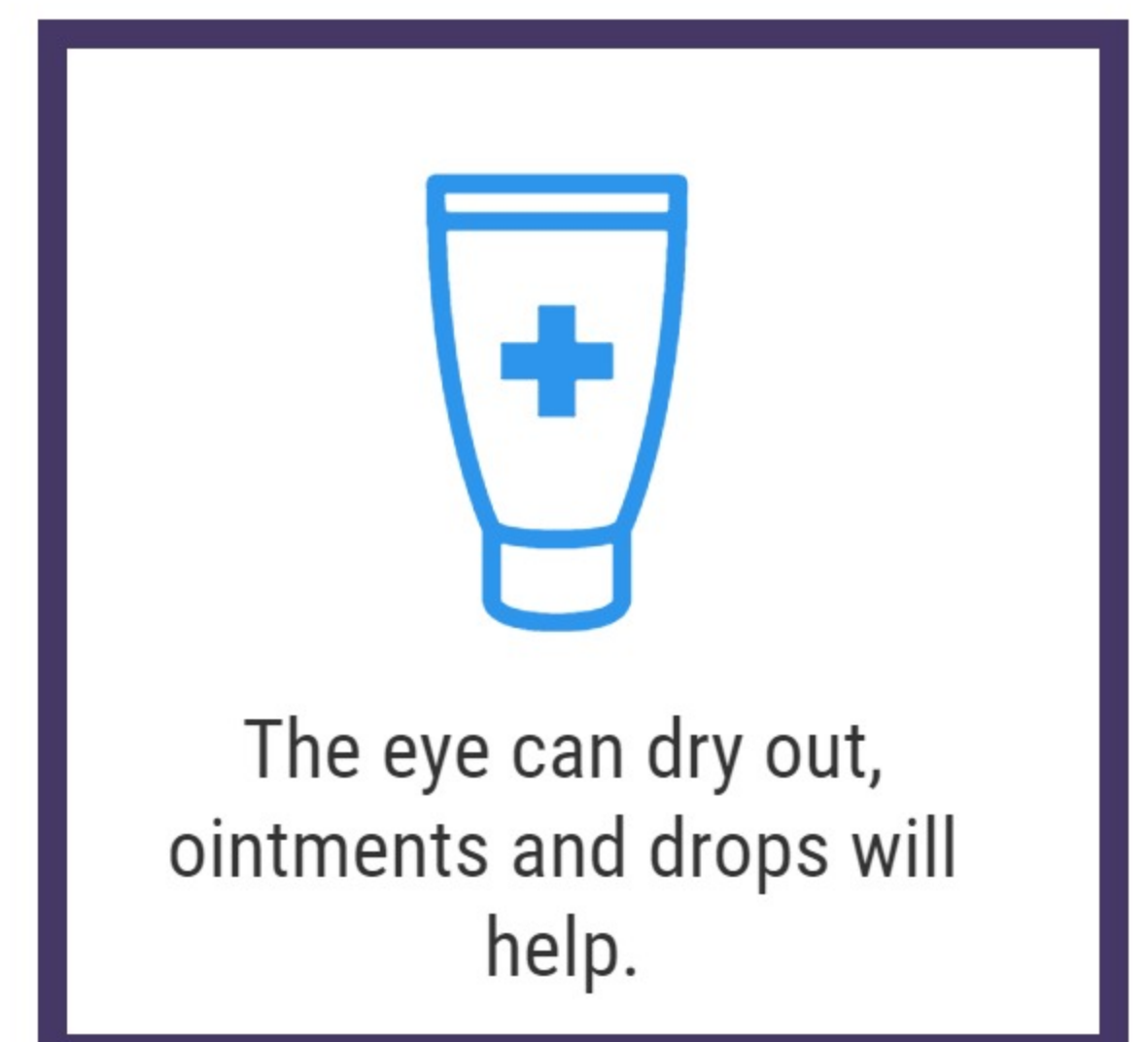
Blinking is underrated, this is how being unable to close or blink an eye could affect you.



Difficulty sleeping



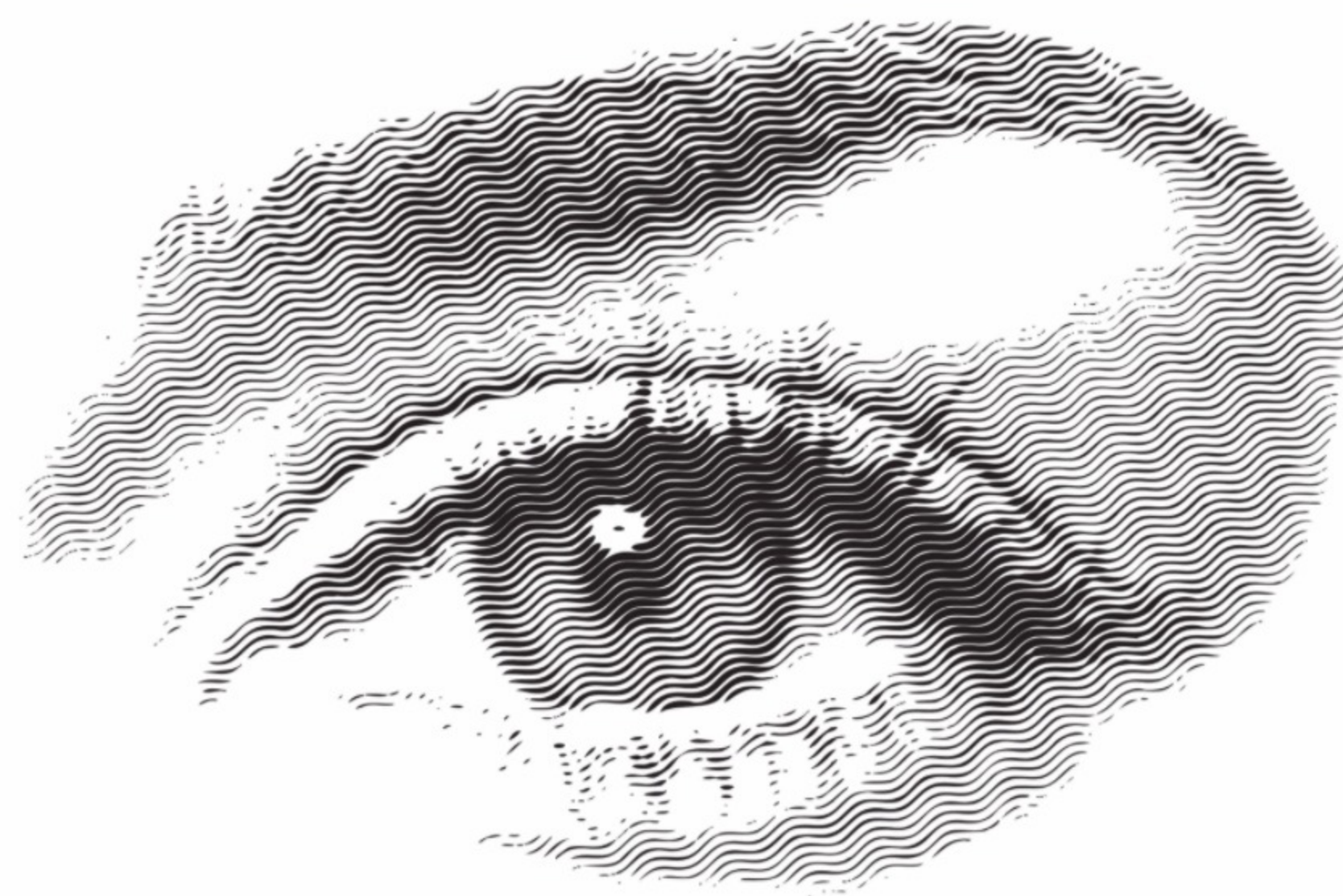
Careful showering required



The eye can dry out, ointments and drops will help.

Pain

**A WATERING EYE CAN BE A SIGN IT IS TOO DRY!**



The average adult blinks 15 to 20 times per minute.

