



## Using Pinholes to Improve Your Vision



### Who benefits from Pinhole Glasses?

In refractive errors like nearsightedness, farsightedness or astigmatism, the pinholes result in very clear vision when no eye disease exists. When an eye disease is present, the pinholes may not allow the person to see sharper images. ***People who use pinholes can see improvement after consistent use usually within 1-2 months.***

### Using Pinholes to Improve Your Vision:

Pinholes are an opportunity to rest your eyes by taking breaks from eyeglasses or contact lenses. Used in conjunction with a reduced prescription at other times lenses are worn, they are a way of reinstating natural seeing – with less stress/strain.

### Please note: there is an adjustment period to using pinhole glasses.

When putting on pinholes, the brain and nervous system need to adjust. When you first put them on, your first impression might be annoyance or discomfort. You may find yourself straining or staring to enjoy the clarity. A tension-like feeling may appear around your eyebrows. Take a series of deep breaths into your belly and become aware, you can relieve tension around the eyes. As long as you stay aware, the staring or discomfort will be minor and the annoyance will dissipate. As this happens the holes will seem to lose their dark borders and you can see through them easily.

### Pinhole glasses are a relaxation exercise.

The difference between pinholes and regular glasses is that you have to participate. Your eyes need to move more and you need to breath and relax for them to be of benefit.

### Using Pinholes in your daily life:

Begin with short periods of 5-20 minutes. Blink every 3-5 seconds as you move your eyes around, scanning different distances close and far away. It is your active participation that facilitates the improvement of your vision. Let your mind become so relaxed you hardly notice the holes. In the beginning wear them only while you are sitting down. Later, experiment walking, watching a movie, or working on a computer.

**CAUTION:** \*DO NOT use while tired, stressed or sick.

\*DO NOT wear pinholes to drive a motor vehicle or operate machinery.

For a Scientific explanation of how pinholes work: View this video by Minute Physics on Youtube: [How two See Well Without Glasses](#)



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