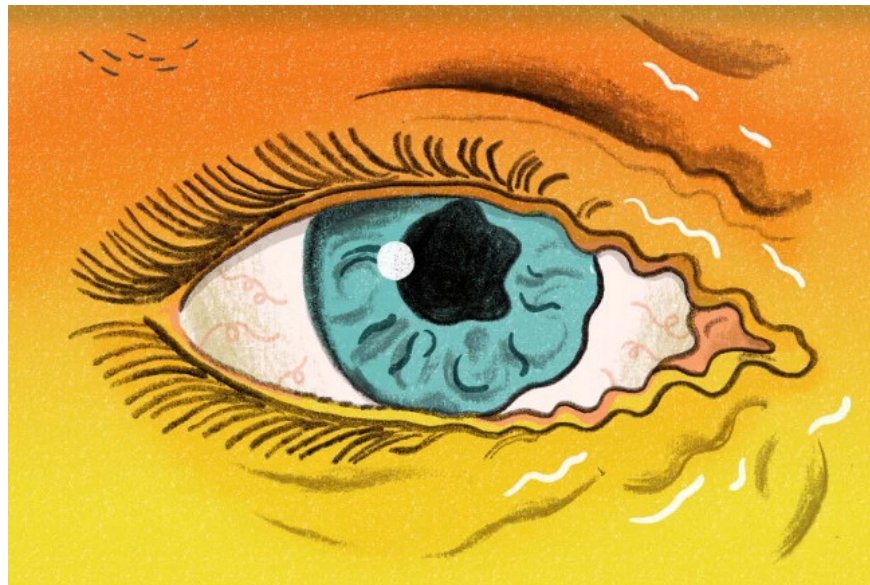


Explain why our eyelids sometimes twitch?

The phenomenon of twitching eyelids is sometimes normal but may also be a warning sign of possible health problems. So why do our eyelids sometimes twitch?

The phenomenon of **twitching eyelids** is sometimes normal but may also be a warning sign of possible health problems. Seizure eyelids can be a phenomenon of reporting some bad habits in your daily lifestyle. The eyes are the windows of the soul - the place most easily attracts the attention of others. Therefore, any of us need to care for and protect our own eyes. The phenomenon of eye twitching is a spasm caused by nerves in the eye. Usually this phenomenon will quickly disappear within a few days or minutes, but if your eyes are constantly twitching for a long time, go to your doctor to find the right treatment. !



Illustrated by Peter Oumanski of TIME

Decode the phenomenon of convulsions

The phenomenon of twitching eyelids is sometimes normal but may also be a warning sign of possible health problems. Have you ever wondered why your eyes sometimes show signs of mild twitching but quickly disappear? Does that affect the eyes?

Dr. Wayne Cornblath - an eye professor at Michigan's Kellogg Eye Center explains: " *A slight shake in the eye - there is no warning when it appears but suddenly disappears, usually without a cause. I think every one of us has been like that once and for a while, when you rub your eyes and it stops.* "

Wayne Cornblath talks about a kind of silent **muscle contraction that** occurs in the eyelid (*or exactly part of the eyelid*). This can be a nuisance but it usually disappears itself in a few days or even minutes.

To avoid eye twitching, you may need to cut the amount of **caffeine** in your daily drink. Dr Cornblath said: "Excessive consumption of caffeine may become the cause of eyelid twitching." Research from York University in Canada has shown that caffeine promotes the release of neurotransmitter stimulants, such as serotonin and noradrenalin. The professor explained: " *Caffeine is a stimulant, increases the ability to react inside muscles and nerves. This may explain how caffeine sometimes causes tremors in the eyelids.* " .



Illustration.

Too little sleep also seems to affect this problem, although this reason is not really clear. Dr. Cornblath said: " *Research shows that there is a correlation between them and we all know more sleep will help reduce eye twitching, but don't know why.* " The same thing happens for muscle contractions in general and is quite common but difficult to explain. He added: " *You can hear a lot about reasons like low potassium or dehydration, but it's quite difficult to prove it.* " .

According to Dr. Rebecca Taylor, a spokeswoman for American Academy of Ophthalmology, stress can also play a role in this. When tired, your body will produce more epinephrine - a hormone that helps your body prepare to function. The enhanced state of the muscles can be manifested by mild spasms or seizures, just like the case of eyelid twitches as mentioned above.

Cornblath said: " *In rare cases, you don't have problems with sleep and stress, but eyelid seizures still last, Botox treatments will help solve this problem.* " . " *Botox temporarily*" turns off "connections between muscles and nerves," he explained.

Eyelid twitching is usually " *benign* ". Both Dr. Cornblath and Dr. Taylor said so, but if the seizure is widespread it is not necessarily safe. According to Cornblath, " *if the seizure is lower than the face or neck, this is a completely different story.* " .

Taylor says this is usually not common, but if there is a seizure on one side of your **face - half-convulsions** - you must see a doctor right away. Another case is called **blepharospasm** - when the entire eyelid closes or blinks uncontrollably. There are several important causes that can lead to this problem, the ophthalmologist will help

you figure out what's happening to your eye.

Going back to twitching your eyes, if your eyelids twitch for months, it's best to have your eyes checked. But in many cases, it will automatically disappear.

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