

The reason why the eyes wake up every morning and full of rust will surely surprise you

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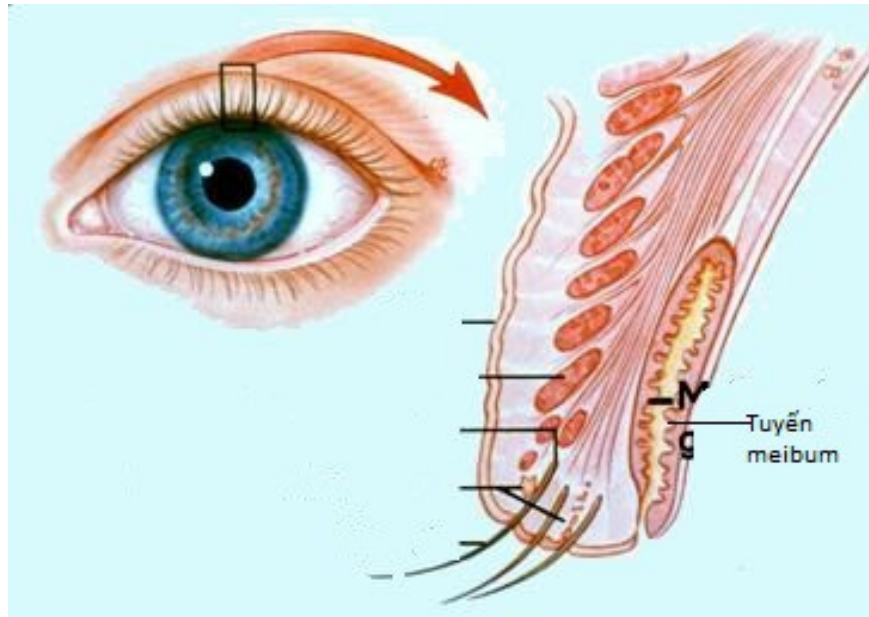
If you wake up in the morning, your eyes are full of rust in the corners of your eyes, do you ever wonder what they are, why they appear and are they beneficial or harmful to the eyes? The rusty patches appear at the corners of the eyes are the impurities that accumulate on the eyes that are affected every day?

1. The answer to three obvious things: human body temperature is stable at 37 degrees C, when sneezing and closing eyes and appendix
2. The human body changes throughout life but only one part does not change, you know what it is?

First, let's learn about the structure of the eye first.

Human or mammal eyes are covered with 3-layer tear film to help the eye function better.

1. The innermost layer: The glycocalyx layer is mainly mucous - covering the cornea. This mucous membrane is responsible for absorbing water and facilitating the 2nd layer to spread out evenly.
2. The second layer: The liquid with the main ingredient is water, which helps our eyes lubricate and prevents the possibility of infection.
3. The outermost layer is close to the lashes: It is a slime called Meibum due to fat such as fatty acids and cholesterol.



Structure of anatomy of the eye lashes and the secretions of Meibum.

At a normal human body temperature, Meibum is a transparent oily liquid but it becomes a waxy solid when the temperature drops to 1 degree. And that very substance is rust in our eyes.

Rusty eyes were produced during sleep because then, the temperature of the human body dropped, causing Meibum to condense.

Robert G. Linton, an Australian ophthalmologist, said that when sleeping, the meibum routes were reduced but still enough to cover our eyes. Sometimes the excess fluid is excessively normal, covering the eyelid and forming a rusty eye.

Meibum helps keep tears in your eyes and moisturizes our eyes. According to the results of a study conducted in rabbits, when there is no meibum, their eyes are dehydrated due to evaporation 17 times faster than normal speed.

When your eyes are dry, you will have a burning sensation, stubbornness, difficulty in opening and opening, blinking more and more . more.

In short, every time you wake up, you see that the big, big, rusty eye on the corner of the eye doesn't have to worry.

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