



# WHY IS MY EYELID TWITCHING

Most of us have experienced the annoyance of a twitching eyelid at some point in our lives. Because it typically goes away on its own, we don't stop and think much about this small occurrence. However, if this is something that is plaguing you, you might wonder what exactly is happening. There are a few possible causes of a twitching eyelid, but most of them aren't anything to worry about. There are even some steps you can take to possibly prevent that annoying twitch.

## What is an eyelid twitch?

An eyelid twitch is also known as blepharospasm. It's a repetitive spasm of your eyelid muscles. It typically occurs in the upper eyelid, but it's not unheard of to experience it in the lower lid.

## Why is my eyelid twitching?

When you experience temporary eyelid twitching, the cause could be stress, eye strain, or too much caffeine intake. In some cases, eyelid twitches are more common when a person smokes tobacco or drinks alcohol. Other causes of twitching include lack of sleep, dry eyes, allergies and nutritional imbalances.

All in all, eyelid twitching is usually a benign problem and will go away on its own. However, if your twitching does not cease after a few days, you might want to see a doctor, as underlying medical conditions could be to blame. For example, some potentially more serious causes of chronic eyelid twitching include:

- Conjunctivitis (pink eye)
- Dry eyes
- Eyelid inflammation (blepharitis)

An eye doctor will assess your symptoms and determine your diagnosis, but these conditions are typically treated easily.

## Preventing eyelid twitching

While there is no way to guarantee avoidance of a twitching eyelid, there are some steps you can take to prevent this annoying problem. For starters, watch your caffeine intake. For most people, around 400 mg is the healthy daily limit.

Furthermore, if you believe stress, a lack of sleep, or a combination of both factors is causing an eyelid twitch, take measures to correct these problems. This may mean not only laying off caffeine, but finding healthy outlets to relieve stress, such as regular exercise and meditation.

Eyelid twitching can also be a result of magnesium deficiency, which leads to muscle spasms.

In most of cases, eyelid twitches are nothing to worry about. However, if this minor annoyance becomes an ongoing issue, it may be time to schedule an appointment with your eye doctor.

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