



Blepharospasm Glasses: Can Special Glasses Reduce My Symptoms?

If you have blepharospasm, you're probably keenly aware of it. But do simple treatments like blepharospasm glasses exist, and are they effective?

Benign essential blepharospasm is usually referred to as blepharospasm or BEB. It leads to involuntary muscle spasms in the eyelid, which causes the eyes to blink, squeeze, or close uncontrollably. As you can imagine, people who have it definitely want to get rid of it. While there is no known cure for blepharospasm, there are tools and treatments that could help you manage it.

Let's take a closer look at blepharospasm, the case for blepharospasm glasses, and if they might be worth a try.

Blepharospasm is a Neurological Disorder

Blepharospasm isn't an eye disorder. It's actually a neurological movement disorder, in a specific class referred to as [dystonia](#). It has to do with hyper reactions in how the brain controls muscular movements, including those around the eyes.

Some of the top experts in blepharospasm, photophobia, and how special glasses might reduce the symptoms of these disorders are Dr. Bradley Katz and Dr. Kathleen Digre. They are both neuro-ophthalmologists from the Moran Eye Center at the University of Utah, so they have specific expertise in how neurological disorders affect the eyes.



The Link Between Blepharospasm and Photophobia

Like blepharospasm, [photophobia](#) (or light sensitivity), is a [neurological issue](#). But that's not where the relationship between the two conditions ends. Patients with blepharospasm have been found to be [much more light sensitive](#) than those who don't have it.

In fact, research suggests that 80% or more of patients with blepharospasm also [have light sensitivity](#). This relationship could explain why people with blepharospasm tend to exhibit photophobia-like symptoms and behaviors, such as:

- Avoiding light
- Eye pain when exposed to bright light
- Feeling that even average light levels are extremely bright
- Excessive blinking
- Eye spasms

According to a [photophobia fact sheet](#) cited by the American Headache Society, blepharospasm is actually a potential cause of photophobia. In fact, photophobia occurs as frequently with blepharospasm as it does with [migraine](#), which is most of the time.

Bright Light Can Provoke Blepharospasm

Studies have found that bright light can actually trigger or worsen the symptoms of blepharospasm.

For example, according to the [Journal of Neuro-Ophthalmology](#), one large survey found that 80% of those with blepharospasm reported that their symptoms were exacerbated by bright lights while watching TV, driving, or reading. Perhaps even more telling is the fact that 94% of these patients reported light sensitivity, and that bright light *almost always* provoked their spasms.

Dry Eye May Be a Factor, Too

Dry eye is a common [complication](#) of blepharospasm. It's also an [established contributor](#) to light sensitivity. So if you have blepharospasm that leads to dry eyes, you can see the connection between blepharospasm and your photophobic reaction to bright light.

Blepharospasm Patients Need Treatment



Imagine that your eyes decide to close while you're out for a run. Or at the grocery store. Or at work. Or driving. Then imagine that when this happens, you can't just open them back up. Understandably, this could not only be frustrating and inconvenient, but unsafe.

It's no wonder why people with blepharospasm are looking for ways to reduce their symptoms. Some methods are more effective than others, but available [tools and treatments](#) include:

- [Botulinum toxin](#) (Botox™) injections

- [Oral medications](#)
- [Surgery](#)
- [Deep brain stimulation](#)
- [Ptosis crutches](#)

What About Blepharospasm Glasses?

To our knowledge, no one has developed a pair of glasses specifically designed to prevent blepharospasm. However, due to the relationship between blepharospasm and photophobia, Axon Optics [photophobia glasses](#) are probably the next best thing. And unlike most other treatments we've listed, they're totally non-invasive.

Since most blepharospasm patients are light sensitive — and report that bright light actually provokes spasms — wearing light sensitivity glasses could reduce your symptoms. This is because they're engineered to filter out the wavelengths of light that trigger adverse reactions.

These glasses are top quality and exactly as advertised in terms of their symptom alleviating benefits!! I absolutely love them and wear them all of the time. As a result, my headaches, blepharospasms, and painful light sensitivity are reduced by 90%! I can't speak highly enough about the product and have already recommended them to friends, family, and my doctors for the benefit of their other patients.

~ Lauren



[Research](#) shows that FL-41 tinted lenses can produce a 20% average reduction in blink frequency, along with reduced frequency and severity in blepharospasm. For 20 years, Axon Optics has [improved on FL-41](#) tinted lenses to filter out more of the bothersome light and allow more of the soothing light in.

In fact, a clinically-validated survey of more than 1,000 users of Axon Optics lenses revealed:

- 85% of users experienced decreased light sensitivity
- Among those, 40% average decrease in light sensitivity impact

Dr. Bradley Katz, the neuro-ophthalmologist we mentioned earlier as a leading expert on blepharospasm, actually co-founded Axon Optics. His research is a driving scientific force behind the continuing development of our glasses, which have helped thousands of customers.

If your blepharospasm symptoms are related to or triggered by light sensitivity, [Axon Optics](#) lenses could provide some relief. With a 60-day return policy, there is no risk in giving them a try to see if they make a difference for you.

I don't have migraines but these glasses help me with blepharospasm. I don't feel as sick from bright lights and I don't know if it's because of the glasses but my eyes used to get so sensitive that I could barely keep them open and after a few months of wearing these I'm not that way anymore, a big relief.

~ Chris

Sources:

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Blackburn MK, Lamb RD, Digre KB, Smith AG, Warner JE, McClane RW, Nandedkar SD, Langeberg WJ, Holubkov R, Katz BJ. FL-41 tint improves blink frequency, light sensitivity, and functional limitations in patients with benign essential blepharospasm. *Ophthalmology.* 2009;116:997–1001.