

BEH PODCAST – EPISODE 17

CAN YOU DO THE EYE EXERCISES TWICE A DAY

Participant: Could my husband do the eye exercises more than once a day or even do them every single day or should we just stick to it once a day five days a week?

Dr. Miller: If he goes through them once a day five day a week that is good. If he's got extra motivation and extra time and wants to do more, I would really encourage picking something else up. In other words, going for a walk, doing some stretching, doing some meditation or making sure he's doing the stress management. There are a lot of things that he can do if he's got the time to take care of his health, but I would not necessarily do more exercises. Having said that, there's no problem at all with him doing the exercises more than once. There's definitely no downside to it. The exercises are designed to benefit the eyes, so if he decides he just wants to do the exercises again that's fine.

Participant: Okay, and we go to the gym almost every day. He's doing exercises too and he loves the stress management. He goes and lays down in his bed for an hour or so.