

San Anselmo Optometry

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What Causes Eyelid Twitching?

Eyelid twitching is a common, yet annoying, occurrence. The cause of minor eyelid twitching is unknown. A slight spasm of the lower eyelid or even both eyelids is common and of no concern. Many factors can be associated with twitching.

Lid twitching is not a sign of a serious problem. Usually it is just frustrating to have your eyelid twitching especially if you are talking with others and they notice. Factors such as not getting enough sleep and an unusual time of emotional stress are often involved; so try improving these if they apply to you.

Though twitching usually gets better on its own, if persistent, there are a few options to consider. First, try and change the temperature of the skin around the eyelid. Warming your eyelids is generally thought to be the best but if there is no improvement try switching to cold. It is the change in temperature that may calm the muscle from its contracting spasm. Use a washcloth and close your eyes with it over your twitching eyelid and relax for several minutes.

Another possible solution that may help is to drink quinine water. It is not known why this may help. Do NOT do this if you suspect you may be pregnant.

Some thought has been given to reducing your caffeine intake until the twitching subsides.

Eventually, usually in a few days, the twitching will diminish and disappear without any treatment.