

Test Yourself – Dry Eye

Non-Invasive Tear Break-up Time Test

Even before you come to see us, you can use a simple indicator called the Non-Invasive Tear Break-up Time (NIBUT)² test to see if you are possibly suffering from dry eye. To do this just follow these simple steps:

1. Obtain a stop watch or clock;
2. Blink 2 times then stare straight ahead, taking care to start timing immediately after your second blink;
3. Avoid blinking as long as possible;
4. Note the time on the clock when you begin to feel ocular discomfort (burning, grittiness, dryness, etc.);
5. The NIBUT is the amount of time (in seconds) that passes between your last complete blink and the instant you experience ocular discomfort.

If your NIBUT is 8 seconds or less, you may have dry eye, because the tear film on your eye(s) is diffusing ("breaking up") too soon and leaving your eye's surface unprotected. If you think that you have dry eye, consult your eyecare practitioner for diagnosis and treatment.