

ABSTRACT

Does Sleeping Position Negatively Affect Eyelid Laxity?

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Eyelid laxity is a condition where the eyelid connective tissue loses elasticity, which leads to malposition of the lids and ocular surface discomfort. An increase in eyelid laxity can occur with age and environmental factors. Patients were selected randomly from a general optometric practice with an age range of 20-85 years. Exclusion criteria included facial nerve palsy and a history of eyelid surgery or trauma. Patients were asked about their sleeping position, smoking history, UV exposure regarding occupation/hobby, and skin type was graded according to the Fitzpatrick Skin Type Scale. Patients' eyelids and equipment were cleaned and prepared for eyelid laxity measurements. A Blephometer was used to measure the distance of the lower eyelid from the globe using a small color scale that represented two-millimeter (mm) increments. Eyelid laxity was graded according to a customary scale; grade 1: 0 - 1.9 mm; grade 2: 2.0 - 3.9 mm; grade 3: 4 - 9 mm; and grade 4: > 9mm. In addition, patient sleeping side and other demographics were examined to find a correlation of increased eyelid laxity. Patients display a link between the side on which they usually sleep and the laxity of their lower eyelid.

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