



Eyelid Condition - Nocturnal Lagophthalmos

The Following Information has been Prepared for You:

Some individuals do not have complete eyelid closure during sleep. This is called "nocturnal lagophthalmos." It may cause symptoms of dry, gritty, red, or burning eyes, blurred vision, light sensitivity, excess mucus secretion, restless sleep, increased risk of allergic conjunctivitis, etc. Some individuals may have eyes that water excessively to attempt to compensate and they may notice a "wet pillowcase" in the morning. Other individuals may notice that you sleep with your eyes cracked open. Nocturnal lagophthalmos is a leading cause of dry eye symptoms in children. The condition may worsen with age due to decreased lid elasticity and may cause increased symptoms due to age-related declining healthy tear film. Nocturnal lagophthalmos can also be caused by injury or surgery to the eyelids, or facial nerve damage such as Bell's Palsy.

Treatment typically includes artificial lubricant drops, gels or ointments. Drops are typically prescribed for early morning or daytime use, while gels or ointments work better for bedtime / overnight use.

Steroid or anti-inflammatory medications may be prescribed in some cases.

Punctal plugs placed in the eyelid by your optometrist may assist by increasing your tear layer on your eye, thereby decreasing symptoms.

You may use a specially designed sleep mask to create a moisture chamber during sleep.

Avoid ceiling fans or blowing vents on your face at night.

Use a cool-mist humidifier in the bedroom, especially in the winter, when atmospheric humidity is lowest.

Stay hydrated. Drink plenty of fluids and avoid caffeine or alcohol consumption near the end of the day. Be aware that some medications such as antihistamines, decongestants, blood pressure medications, diuretics, glaucoma medications and oral contraceptives may deplete body hydration and exacerbate dry eyes.

Severe cases may be treated with eyelid surgery to tighten the lids.

Individuals with nocturnal lagophthalmos have an increased risk of eye infections and contact lens intolerance. Make sure you have regular eye examinations and report any health or vision concerns to your doctor. If you are having any operations involving prolonged anesthesia, make sure your surgeon and operating team are aware of this condition. Special eyeshields may be used during anesthesia, or the eyelids may be taped closed to prevent post-surgical complications.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

Provider Contact Information

Family Eye Care & Pediatric Vision Center, PLLC
Melissa Holliman, OD
David Holliman, OD
Brandon Holliman, OD

1203 N. Eastman Rd
Kingsport, TN 37664
Phone: (423) 274-3321
Fax: (423) 247-3631
FamilyEyecareKingsport@gmail.com
Website: DrHolliman.com