

Advanced Saccades Instructions

Saccades are eyes exercises that rapidly move between two points. This works your eye muscles, several of the cranial nerves, and the frontal cortex.

Print the two sheets below and hang them on a wall about 3 feet apart, with the middle of the chart at eye level. Stand arm's length from the wall. Looking straight ahead, without moving your head, move your eyes back and forth from chart to chart reading each letter aloud. It is best to do this at a constant rhythm. You can download several free metronomes to your phone and use one of these. Record your progress by how many letters you can read in one minute. Typical scores are around 65 letters per minute. 100 letters per minute is a good goal.

A good way to change the muscle and cranial nerve workout is to move the charts diagonal to each other. You can go all the way to vertical, with one chart on top of the other. You can also move them farther apart or stand closer to the charts.

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