

# Test Your Eyes!

## Blind Spots

### How do you test for blind spots?

Close your left eye and stare at the cross mark on the other side of this page with your right eye. Off to the right you should be able to see the spot. Don't look directly at it; just notice that it is there, off to the right. If it's not, move farther away. You should be able to see the dot if you are a couple of feet away.

Now slowly move toward the piece of paper while still looking at the cross mark. When you're approximately a foot away from the paper, the spot will disappear. As you move closer, it will reappear.

### Why does this happen?

The point where your optic nerves converge to exit the eye and into the brain is known as the optic disc. This area of the eye has no light-sensitive cells to detect light rays. This results in a break in the visual field known as your "blind spot."

When the cross mark disappears, you instead "see" a continuous white field. This is not actually the case. Here, you see something the brain is actually making up, since the eye isn't actually sending any information back via the optic nerve.

### Why does this matter?

Vision scientists study our blind spots and what effects they have on vision. Their research reveals the brain's actions. Eye and vision scientists aim to understand whether the brain is actually filling in missing information or simply ignoring things about which it has no information?

### Find out more at [ARVO.org/ILLUSIONS](https://arvo.org/ILLUSIONS)

Text and images adapted from: <https://serendipstudio.org/bb/blindspot1.html>



ARVO is the largest and most respected eye and vision research organization in the world, with nearly 12,000 members from more than 80 countries. Our mission is to advance research worldwide into understanding the visual system and into preventing, treating and curing its disorders. This is done through meetings, education, partnerships, fellowships and programs that drive collaboration, innovation and the advancement of eye and vision science with a goal of saving sight. Learn more at [ARVO.org](https://arvo.org).



**Find your blind spots!**