OMG I HAD THIS PROBLEM!!

HERE IS THE SOLUTION!

Get a new mousepad, it you have a optical/laser mouse and a mouse pad with ANYTHING besides just plain pad on it. (a picture or words or ANYTHING)It is because it reflects the light from the mouses sensor and fucks it up. Get a plain black mousepad like I have and it should work fine.

Basically get a mouse pad thats not anywhere near reflective and in now way reflects light. Plain black works best!