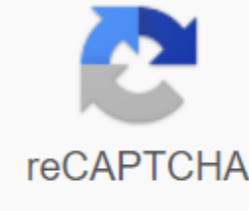


Light blue curtains for nursery



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Home Glasses Buying Glasses Buying blue light glasses Blue Light is all around us. Some are beneficial, but too much can be harmful to your eyes and cause discomfort – from dry eyes, eye migraines and blurred vision to digital eye tension or computer vision syndrome (CVS). Blue light can even have lasting effects, including an increased risk of macular degeneration if you're exposed to enough of it. The best way to protect your eyes from this damage? Blue light blocks glasses. Whether you're new to these goggles or looking for the perfect pair, we've rounded up some of the top blue light glasses retailers below. Where to buy blue light glasses Mus retailers offer a variety of computer glasses, both prescription and over-the-counter lenses. So if you don't need vision correction or if you usually wear contacts, you can still take advantage. Since they are known to meet personal vision needs and preferences, we have ranked further as the best places to buy glasses to block blue light: EyeBuyDirect retailer EyeBuyDirect offers blue light protection in two different lens types: EBDBlue Plus and SightRelax. What's the difference? Both lenses share six benefits, including a water-resistant coating, anti-glare coating and, of course, a requested blue light filter – just to name a few. However, SightRelax lenses also provide the wearer with a reading enhancement that is ideal for tasks that include reading the monitor, replying to an email, scrolling through social media or reading an eBook.CoastalNe just a coastal accessible, the company donates a pair of glasses for each purchased – adding even more value to your frames. But the benefits don't stop there; The coastline offers hundreds of frames with blue light-locking capabilities. Specifically, the site offers top-of-the-line Kodak BlueReflect lenses. These lenses are suitable for both children and adults and are beneficial for everything from watching videos and playing games on a tablet to long-term work or school computer use. Coastal offers several features to ensure you choose the right frame and fit before purchase, including a virtual try-on, as well as a live chat feature where agents can answer questions before, during or after purchase.FramesDirect.comLike Coastal, FramesDirect.com offers BlueReflect for a single vision and advanced lenses. Anti-glare and scratch-resistant properties make BlueReflect lenses as popular and recommended as they turn out to be across both (and many others) retailers. The selection featured on FramesDirect.com includes frames from top designer brands including Gunnar, as well as more affordable frames for both adults and children.Readers.comReaders.com have a lot to offer for those who use reading glasses, including blue light glasses. the function is available in non-magnetic, fully enlarged and multifocal lenses, providing relief from the digital eye strain for those looking for them in any power. Readers.com also offers dozens of frame styles and colors to choose from – at affordable prices – so you can accessorize and protect your eyes from harmful blue light at the same time. SEE RELATED: Are computer glasses worth the cost? How to buy blue light glassesInsurance vs. out of pocketIt is always a good idea to review your vision insurance policy before committing to any new pair of frames. Some plans will fully cover the cost of blue light spectacles or provide a partial refund. There's a chance you may have to pay for your blue light glasses out of pocket, depending on your policy, but many retailers offer affordable options if that were the case. Buying onlineMany online glasses for retailers, including those listed above, usually provide refund forms that you can submit to your vision insurance provider if you choose to use your vision insurance to purchase them. If you pay out of pocket, buying computer glasses online is usually a painless process as long as you know your recipe (if you use one) and the style of glasses you want. Buying through your eye doctorSo you more comfortable browsing glasses in person, ask your eye doctor for instructions on your next sight appointment. Your doctor or employee can help you decide which features, in addition to blue light-locking lenses, will suit your lifestyle best. DO YOU STILL HAVE QUESTIONS? We've got our blue light glasses FAQs for answers. Page updated September 2020 Home Conditions Digital Eye Strain Blue light glasses and extended computer usage seem to go together like bread and butter. They can help wearers feel less eye fatigue by getting through every screen-packed day with greater visual comfort. But it's 2020, and there are so many blue light locking glasses out there, it's hard to know which pair is best for you. So we're a little digging through social media, message boards and customer reviews to hunt down a handful of top blue blockers in 2020. The best casual glasses St Michel EyeBuyDirect Starting from 51 \$EyeBuyDirect the most popular set of spectacles available with blue light protection. They have clear lenses so you can reduce digital eye tension with friends and colleagues noone smarter. Available in several sizes, frame colors and lens tints. Prescription lenses are available at no extra charge. Nash Felix Gray Starting at \$95 Popular frames from the popular retailer, this timeless frame style complements a variety of face shapes with ease. Available in multi-frame colors and lens shades. Also available with +0.25 increase. Prescription lenses are available at an extra cost. The Best Budget Buys Cyxus Classic These Over-the-Counter you reduce the amount of computer vision syndrome with minimal input. Great for people who wear contact lenses or have a 20/20 vision. Available in multi-frame colors and styles. Pike Place Blue Light Reader Readers.com starting at \$18.95 Blue light glasses that double as readers. They are best suited for people who wear contact lenses or experience mild farsighted or presbyopia without astigmatism. Multi-frame colors and magnification tokens are available. The best computer glasses and gaming glasses of the Gunnar Intercept Gunnar brand have been synonymous with computer and gaming glasses for quite some time. A slightly yellow tone gives you more blue light protection for long computer or console sessions. Available in multi-frame colors and lens shades. Prescription lenses are available at an extra cost. Gamma Ray OpticsSome of the best, most highly rated computer glasses on amazon, with over 10,000 reviews. Varying degrees of magnification can reduce eye tension by reducing the visual distance of the monitor. Available with several magnification forces. Runners-up Any qualifying pair of glasses Many spectacle manufacturers now offer blue light coatings on any lens as an add-on. They won't soon add up, such as many computer or gaming glasses (unless specifically offered), but they will block a small amount of blue light. Most often, this 10% to 20% level of blue light protection keeps the lenses clear enough for everyday, almost constant use. Uvex Skyper Originally designed as a protective eyewear, these Uvex glasses have turned into a somewhat cult classic. Dark amber lenses block 98% blue light, so everything that gets through is tiny. Uvex also makes a version that fits your regular glasses. If the use of an extended screen causes problems such as blurred vision or eye migraines, lenses that block higher blue light may offer greater benefits. f.lux justgetflux.com free for personal use OK, so f.lux isn't a goggles; but it's close. F.lux uses your location to change the color of your monitor throughout the day. The program calculates its best rating based on when you wake up and how bright the sun is. Think of f.lux as a free, customizable dark mode for your pc or laptop. Prices are accurate at the time of publication (July 2020). Prices include, where appropriate, blue light lens upgrades. Page updated September 2020 Home Glasses Glasses Lenses As the name suggests, blue light glasses block some high energy blue light emitted from electronic devices such as smartphones, computers and TVs. You know, the ones we look at all day. Even your average indoor bulb can give off blue light. The largest manufacturer of blue light, the sun, sends a huge amount of blue light. Could you benefit from blue light locking glasses? SEE RELATED: Blue light is both bad and good for youWho is blue blue blocking glasses? When something produces light, different colors vibrate at different wavelengths. Blue purple light is called high energy visible (HEV) light. It is the part that most resembles the sun potentially damaging blue light. Of course, artificial blue light is much weaker than the sun's blue light. But the average American now spends so much of their time indoors in front of a digital screen that lower levels of exposure begin to add up. It is not known whether electronic blue light can directly cause eye problems, but it can contribute. The average time on devices and front screens for adults is pushing 11 hours a day, and as such, our eyes have a lot of digital light tension, said Dr. Sheri Rowen, an ophthalmologist and member of the Eyesafe Vision Health Advisory Board. The lenses are designed to help reduce the emergence of digital eye strain and avoid circadian rhythm cycle disorders that affect sleep and overall well-being, Rowen said. Blue light glasses block the percentage of this light with a special coating that reflects some blue light away from the eyes. How high this percentage depends on which glasses you buy. Some blue light glasses have a yellow tone, while others look clear. Typically, lenses that look more yellowed tend to filter more blue light than their clearer counterparts. The best first step is to consult an eye care professional who will help clarify your needs for protection, Rowen said. The potential benefits of blue light glassesOur experience with modern technologies is relatively new, especially the habit of spending 11 hours a day with our eyes attached to the screens. There is a lot we still don't know about how this type of exercise affects our eye health. Blue light-locking glasses are often associated with two possible benefits: reduced eye tightness and better sleep. Whenever we use our digital devices, especially late at night, we actually tell our brains to keep our bodies awake, said Caroline Dubreuil, product marketing manager at EyeBuyDirect. Studies have shown that wearing blue light filtering glasses three to four hours before bedtime can lead to better and calmer sleep, Dubreuil added. SEE RELATED: As computer glasses are differentIt could help think of blue light glasses as a trial and error type thing. If you experience eye tightness or have trouble falling asleep (especially after excessive screen time), blue light glasses may be worth looking into. They may lighten some of your eye strain or help you sleep a little easier, or they may not. Some people swear by them, while others don't see much benefit. Online retailers such as EyeBuyDirect and Zenni Optical sell prescription and nonprescription blue light filter glasses significantly less than most spectacle stores, so risk yours will be minimal if they don't work out. Practicing good screen hygieneWith or without blue light glasses, practicing eye-friendly screen habits is a guaranteed way to reduce your eye tension and the impact on your computer's vision syndrome. Symptoms of digital eye strain often include blurred vision, headaches and dry eyes. The strain of focusing on screens can even cause eye migraines. The 20-20-20 rule is easy to remember and use: For every 20 minutes you use a digital screen, look at an object at least 20 feet away for 20 seconds. Lifestyle adjustments such as regular practice in the 20-20-20 rule, taking extended screen breaks and using your phone in dark mode can add to any benefit you experience with anti-blue light glasses. Visit our guide to digital eye strain to learn more about its effects and how to avoid them. Page updated in September 2020 2020

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