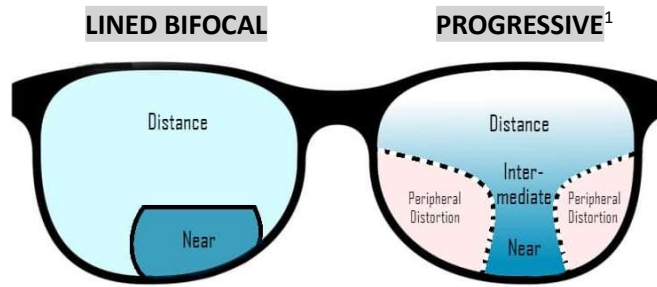


FIRST TIME PROGRESSIVE LENS WEARERS



Bigger is Better for More Visual Benefit! → Choose a Frame with a Larger Vertical Dimension!



PROGRESSIVE LENSES offer the Best of Multiple Visual Landscapes:

Distance Vision: More than 3 ft. (36")

- Driving, Sports, Watching TV, etc.

Intermediate: 24-36"

- Computer Distance, etc.

Near Vision: 10-16"

- Reading, Up Close Work, etc.

KEEP IN MIND...

***PROGRESSIVE LENSES** will NEVER be as Uniformly Clear as Single Vision Lenses (Glasses only for Distance, Intermediate, or Near). This is a "No-Line Variable Focus Lens" which attempts to incorporate multiple focal distances for your Glasses Prescription.

***PROGRESSIVE LENSES** Take Time and Work to Get Used To (for some folks). See below for some Progressive Tips!

TIPS FOR EASIER PROGRESSIVE LENS ADAPTATION:

1. REMEMBER TO BLINK!

- Give yourself a Few Good Hard Blinks to get some **TEAR FILM** on your Eyes!
 - BLINKING HELPS** Protect Your Eyes, Clear Debris, and with Good Vision!
- Normal Blink Rate** ranges from 8-21 blinks/minute². Studies show **BLINKING can DECREASE** to 4.5 blinks/min when Reading² and by up to 60% when on the Computer ("Computer Vision Syndrome")³.
- Chronically Dry Eyes can lead to Intermediate "Good Quality" Vision.

2. VISION MAY LOOK "WEIRD"... THIS NEW VISION REQUIRES AN ADAPTATION PERIOD.

- ADAPTATION PERIOD:** Time period for you to get used to your New Progressive Lenses.
- Normally ranges from 2-4 weeks. Some people adjust within a few hours!
- Increased Birthdays tend to have a longer Adaptation Period.

3. "THE NOSE KNOWS!"

- POINT YOUR NOSE (Turn Your Head)** towards what you want to see. May need to **LOOK DOWN to READ!**

4. WEAR THE GLASSES!

- Wear the **New Progressives 1st thing in the Morning** before your Eyes and Brain are synced to other Glasses.
- Don't switch from older glasses to the New Progressives! This will make it a **HARDER and LONGER Period of Time** for you to **ADAPT** to the New Progressives.

5. KEEP YOUR GLASSES CLEAN!

- Dirty Lenses** can add to a "Distorted Vision Appearance" and make it harder to adjust.
- Soap and Warm Water is best! (E.g. Dawn dish soap, Seventh Generation)
- AVOID Cleaning Products that contain:** Isopropyl Alcohol, Ammonia, Bleach, Vinegar, & Acetone!

6. Are Occupational Progressives right for you?

- Increased "Intermediate Corridor" (~30-36" work distance) for Computer Use, Mechanics, Chefs, etc.

REFERENCES:

- Steiner J. Progressive Lenses Vs. Bifocal Lenses. <https://endmyopia.org/progressive-lenses-vs-bifocal-lenses/>
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- Acosta MC, Gallar J, Belmonte C. The influence of eye solutions on blinking and ocular comfort at rest and during work at video display terminals. *Exp Eye Research* 1999;68:6: 663-669.