



Specs For Less Smart Shoppers Guide

Choosing the right lenses:

Polycarbonate/ thin lightweight lens: This is what is now considered the most basic and widely used material. It is a thin and lightweight material that is most impact resistant. *Optimal clarity is best achieved by ensuring your lenses have a no glare feature included.*

Available in all lens styles (single vision and multifocal prescriptions) and available in transition and polarized options. It is impact and shatter resistant, Polycarbonate lenses offer UV protection and scratch resistance.

Best Prescription Range: +2.00 to -4.00

Ultra thin and lightweight: This high index lens is the lens of choice for higher prescriptions. It is a material made of mixed polymers that are very dense. This allows less curvature needed to create the correction and thus allows for thinner lenses. This material is one of the least noticeable in frames because of its thin lightweight feature. This lens is available with several added features such as, transition, UV and scratch resistance. There are 2 types of ultra thin lenses, your eyewear professional can help you decide which one is best for you. *Optimal clarity is best achieved by ensuring your lenses have a no glare feature included.*

Available in most lens styles (single vision and multifocal prescriptions) higher prescriptions are made more cosmetically appealing because lenses are thinner. Best Prescription Range: +8.00 to -12.00 and up

There are coatings, treatments and additional features that can be added to lenses to ensure all your individual eyewear needs are met.

- **Anti-Glare/Non Glare coating:** improves your vision through the lenses and the appearance of the glasses. A no glare feature will give you the best possible vision while providing overall visual comfort. (It is important to note that lenses without this feature are prone to scratching, are more difficult to keep clean and increase the chances of visual discomfort, headaches and reduced clarity of vision.) A no glare feature consists of several layers of metal oxides that are either applied to the front and back lens surfaces or baked directly into the lens (depending on the level of no glare). Each layer is scientifically calculated to block reflected light. The result is that you see a reduction in glare. This is a great safety benefit when you're driving at night because it reduces annoying reflections and halos around lights. The reduction in glare also helps minimize eye fatigue and strain when working on computers, tablets and smartphones. No glare is ideal for classroom settings as well. No glare lenses reduce internal and external reflections on the lenses which creates a nicer cosmetic appearance. Internal reflections appear as rings that make lenses look thick. External reflections mask your eyes from a clear, complete view when someone is looking at you. So with a no glare feature, your lenses will appear thinner or even non-existent. There are different types of no glare features. Standard no glare is durable and has standard clean ability whereas ultra no glare (crizal brand) offers extreme durability and superior clean ability. A crizal no glare lens stays clean longer and is easier to clean and offers a super scratch resistant benefit.
- **Scratch resistant coating:** polycarbonate and high index lenses will come with a scratch resistant protectant already in the lenses. If you're planning to get basic plastic lenses you will have to add scratch resistance to your lens for additional durability.
- **UV Protection:** Another lens treatment that is beneficial but invisible to the naked eye is ultraviolet (UV) protection. Just as we use sunscreen to keep the sun's UV rays from harming our skin, UV treatment in eyeglass lenses blocks those same rays from damaging our eyes. Overexposure to ultraviolet light is thought to be a cause of cataracts, retinal damage and other eye problems. An ultraviolet treatment is simple and quick to apply to most plastic eyeglass lenses, and it does not change the appearance of the lenses at all. The exception is polycarbonate lenses, which don't need UV treatment because it is an inherent property of the material.
- **Sun and or Cosmetic Tints:** Tints are available on plastic lenses and can be had in almost any color of the rainbow. Lighter, fashion tints are used primarily for cosmetic purposes to enhance your eyewear looks. Darker tints allow you to use the lenses as sunglasses. Tint remains constant at all times. Still the best form of sun protection is a polarized lens with

built in SPF to prevent sun exposure around the eyes which can lead to skin cancer, cataracts, and wrinkles.

- **Transition Lenses:** Transitions lenses are available for nearly every lens design, material, and prescription. Transition technology allows rapid darkening when you go outside and rapid return to clear when you go inside, and 100% UV protection. They change color to either gray or brown when exposed to ultraviolet light. New transition technology called the “extra active transition lens” allows the lenses to darken in the car as well. Transition also now has available the “transitions vantage lens” which provides variable polarization outside to eliminate annoying glare. This option does take slightly longer to change from light to dark and does have a slight tint indoors as well. Whichever transition lens you choose, you can be assured you'll have comfortable vision inside and outdoors with all day every light convenience.
- **Polarized Lenses:** Polarized sunglasses cut glare so your eyes are comfortable and you can see well. Light reflected from surfaces such as a roads or water is generally horizontally polarized. This means that, instead of light being scattered in all directions in more usual ways, reflected light generally travels in a more horizontally oriented direction. This creates an annoying and sometimes dangerous intensity of light that we experience as glare. Polarized lenses contain a special filter that blocks this type of intense reflected light, reducing glare. There are also polarized lenses that offer SPF protection to help prevent sun exposure around the eyes which can lead to skin cancer, cataracts and wrinkles. Polarized lenses are available in all materials and prescriptions and are the optimal choice when purchasing sunglasses. These lenses are available in brown or gray.

There are a few different factors you need to consider when shopping for men's eyeglasses or women's eyeglasses. As with clothing or shoes, unless custom-made, there is no exact fit. However there are some guidelines:

Frame Sizes

Most frames have sizes listed on the inside near the temple. There should be three numbers inscribed: eye size, bridge size and temple size. These figures are all in millimeters. The eye size and bridge size are often located next to each other separated by a square-box symbol or slash.

- **Eye size - A two-digit number from 40 to 62**
- **Bridge size - A two-digit number from 14 to 24**
- **Temple size - A three-digit number from 120 to 150**

Other groups of capital letters and numbers together are generally the frame model number or the color/style numbers.

If you have an existing pair of frames that fit well then you have an excellent starting point. Here are a few rules to follow:

- **Lens diameter should be within 2mm**
- **Bridge measurements should be within 1 mm or within 2mm for frames with nose pads**
- **Temple measurements should be within 3 mm or less**

Face Shape

Frames should highlight your features properly and help you look your best.

- **Oval shape - Almost any frame shape looks good, however square, rectangular or geometric frames in proportion to your features look best.**
- **Round shape - Rectangular and horizontal frames will help lengthen your face. Conversely round frames should be avoided as they will reinforce the circular shape.**
- **Heart shape - Cats-eye and round frames help balance the heart shaped face the best. However, frames with top-heavy accents should be avoided.**
- **Square shape - Square shapes need the contrast of oval and round frames to help highlight facial features properly. Thin frames, wire frames and no rims will help soften the harder edges of a square shaped face.**

Size Chart

Sizes are typically based on the width of one lens.

- **Narrow - Under 50 mm**
- **Medium - 50 to 54 mm**
- **Wide - Over 54 mm**