

# Dryness Sunglass Protection: The Tips and More

Sunglasses are an essential accessory for protecting your eyes from the sun's harmful UV rays. But if you have dry eyes, finding the right pair of sunglasses can be a challenge. Many sunglasses can make dry eyes worse, so it's important to choose a pair that is designed to protect your eyes without causing irritation.

In this article, we will provide you with the tips and more on how to choose the right sunglasses for dry eyes. We will also discuss the different types of sunglasses available and the features to look for when choosing a pair.

Dry eyes are a condition in which the eyes do not produce enough tears. Tears are essential for keeping the eyes moist and free of infection. When the eyes do not produce enough tears, they can become dry, irritated, and uncomfortable.



## **A Moron's Guide to Eye Care: Dryness, Sunglass Protection, the Tips, and More!** by Anne Angelone

★★★★☆ 4 out of 5

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There are many causes of dry eyes, including:

- **Age:** Dry eyes are more common in older adults.
- **Certain medical conditions:** Dry eyes can be a symptom of certain medical conditions, such as Sjogren's syndrome and rheumatoid arthritis.
- **Medications:** Some medications, such as antihistamines and decongestants, can cause dry eyes.
- **Environmental factors:** Dry eyes can be caused by exposure to wind, dust, and smoke.

Sunglasses are important for protecting the eyes from the sun's harmful UV rays. UV rays can damage the delicate tissues of the eyes, including the cornea, lens, and retina. This damage can lead to a number of eye problems, including cataracts, macular degeneration, and even blindness.

For people with dry eyes, sunglasses are even more important. Dry eyes are more susceptible to damage from UV rays because they lack the protective layer of tears that helps to shield the eyes from the sun's rays.

When choosing sunglasses for dry eyes, it is important to look for a pair that is:

- **Wraparound:** Wraparound sunglasses provide the best protection from the sun's rays because they block UV rays from all angles.

- **Polarized:** Polarized sunglasses help to reduce glare, which can be a problem for people with dry eyes.
- **UV-blocking:** All sunglasses should block 100% of the sun's UV rays.
- **Comfortable:** Sunglasses should fit comfortably on your face without causing pressure or irritation.

In addition to these features, you may also want to consider the following when choosing sunglasses for dry eyes:

- **Lens material:** Some lens materials, such as polycarbonate, are more scratch-resistant than others.
- **Frame material:** Metal frames are more durable than plastic frames, but they can also be heavier.
- **Lens color:** The color of the lenses does not affect the amount of UV protection they provide. However, darker lenses can help to reduce glare.

There are three main types of sunglasses for dry eyes:

- **Over-the-counter:** Over-the-counter sunglasses are available without a prescription. They are typically made with plastic lenses and frames.
- **Prescription:** Prescription sunglasses are made with lenses that are specifically designed to correct your vision. They are available in a variety of styles and materials.
- **Custom:** Custom sunglasses are made to Free Download to fit your specific needs. They are typically more expensive than over-the-

counter or prescription sunglasses, but they offer the best possible protection for your eyes.

You can Free Download sunglasses for dry eyes from a variety of retailers, including:

- **Optical stores:** Optical stores sell prescription and over-the-counter sunglasses. They can also help you find a pair of sunglasses that fits comfortably and meets your specific needs.
- **Department stores:** Department stores sell a variety of sunglasses, including over-the-counter and prescription sunglasses.
- **Online retailers:** Online retailers sell a variety of sunglasses, including over-the-counter and prescription sunglasses. Be sure to read the reviews before you Free Download sunglasses online.

Sunglasses are an essential accessory for protecting your eyes from the sun's harmful UV rays. If you have dry eyes, it is important to choose a pair of sunglasses that is designed to protect your eyes without causing irritation. By following the tips in this article, you can find the right pair of sunglasses to protect your eyes and keep them comfortable all day long.



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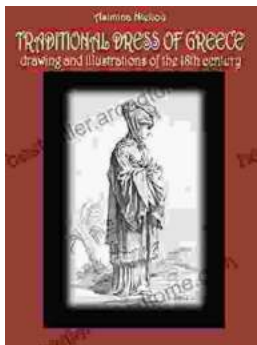
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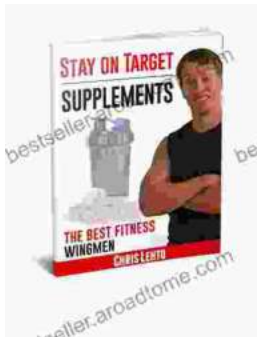
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