



Sunglasses not so Simple

## Wearing sunglasses while driving

- Not only helps you feel more comfortable, but it also keeps you **and** your passengers safe.
- The sun's glare increases your risk of getting into a car accident, which is why wearing **sunglasses while driving** is crucial to your safety – **and** to the safety of others on the road.



# Facts About Sunglasses

- Polarized or mirrored lenses offer the best protection against the bright sun (and harmful ultraviolet rays). The right model can also protect from dust and even strong winds. A wind barrier will also reduce the rate of evaporation of moisture from your eyes and keep your eyes comfortable and healthy.
- So, what must you consider when buying sunglasses? Which one is right and which should you avoid?



# Q. Is it necessary to wear sunglasses while driving?

- It is important to wear sunglasses on a bright day. Not only do glasses protect against glare, they also prevent bright reflections from distracting and interfering with your sight.
- On a bright day, the amount of light reaching the retina is very high and the retina cannot close enough to reduce the amount of light entering the eye.
- This causes you to squint constantly, which can also cause headaches and nausea. Sunglasses serve to limit the light that reaches your eyes and can eliminate the need for squinting.





Q. What should one keep in mind when buying sunglasses?

- UV, or ultraviolet, protection should be the top priority. No matter what the color of the lens, the most important factor is to make sure your sunglasses block 99-100% of both UV-A and UV-B rays.
- Buyers should look for sunglasses labelled 'UV 40'. You should also choose lenses that are polarized.
- They reduce glare from reflective surfaces like glass or polished metal.

# Q. What color lenses are suitable for sunglasses for drivers?

- Tints are applied to lenses to help absorb light as it passes through. It is best to consider amber, neutral grey, brown or green color lenses. **Grey lenses** reduces brightness, but does not distort color.

**Blue lenses** are not suitable for driving, while yellow sunglass lenses are really good for sharpening up images, but causes more color distortion.

**Brown lenses** reduce glare sufficiently well, including absorbing the blue frequency of light in the sun's rays, which makes your surroundings seem hazy.

# Q. How good are anti-glare sunglasses?

- They are better because they protect you from sunlight reflecting off surfaces of tinted lenses, cars with a shiny metallic body, mirrors and so on, when the sun is behind you.
- Anti-glare helps you when driving at night as well.

Q. Does it really matter if the glasses are made of plastic or glass?

- No, (but) plastic lenses are lighter and more stable than glass lenses.



# Q. What happens if you wear the wrong type of sunglasses for long?

- It can cause serious problems, such as retinal damage, degeneration of the macula or even cataract.
- Cataracts and macular degeneration can be caused by (overexposure) to ultraviolet light as well as through the use of the wrong type of sunglasses.
- It can also cause cancer of the eyelids and skin around the eyes.