4 benefits of prescription sunglasses

Spend time outdoors safely with prescription sunglasses

Summer is here, and with stronger UV rays, you might be asking yourself "Should I be getting prescription sunglasses?" So it's a good time unpack what prescription sunglasses are and find out why it's so crucial to protect your eyes from the sun's rays.



1. Protect yourself from UV rays

What are prescription sunglasses? Instead of just having darkened or polarized lenses, they also support your more specific vision needs because the lenses include your prescription. There are many benefits to prescription sunglasses, but the most important is UVA/UVB ray protection. prescription sunglasses can help preserve your vision health and prevent your eyes from getting sunburned. For additional protection, try polarized sunglasses. They'll protect your eyes from both the sun's direct rays and glare from reflective surfaces like water or car windows.

2. Reduce signs of aging

As the weather warms up, try prescription sunglasses. Did you know they can help prevent signs of aging? It's true: Sunglass lenses protect the skin against the sun's rays. Plus, when you're soaking up the sun, you squint more. But with sunglasses, you don't have to squint, which helps reduce the appearance of wrinkles over time.

3. Prevent future vision problems

Wearing sunglasses can help prevent vision problems like cataracts. Plus, macular degeneration can be slowed with the regular use of prescription eyewear. By blocking your eyes from UV rays, prescription sunglasses can also prevent eye distortion that causes astigmatism and other problems.

4. See and look great!

So are prescription sunglasses worth it? Looks like it. With prescription sunglasses, you don't have to swap between optical glasses and sunglasses to see clearly throughout your day. We even offer progressive sun lenses. With a variety of sunglass styles like aviators and wayfarers in designer brands, it's easy to find the perfect frames for you.