



## PICK YOUR PERFECT PAIR

In the spirit of warmer weather, more outdoor time, and the world's best athletes descending on Paris, The Vision Council is excited to celebrate National Sunglasses Day on June 27 by spotlighting sports sunglasses and eyewear that provide protection and enhance performance. Gear up, shades on, and join the movement by sharing a sunglass selfie on social media on June 27 with the hashtag **#NationalSunglassesDay**.

The right eyewear can significantly enhance performance in sports and activities by optimizing vision clarity, depth perception, and contrast sensitivity. A variety of features unique to sports sunglasses and eyewear that can help take your game to the next level.

Consider these features when shopping for your perfect pair:

### 1. Check for UVA and UVB protection

First and foremost, your perfect pair of sunglasses **must** offer both UVA and UVB protection. Sun-safe eyewear is crucial in preventing serious long and short-term eye damage.

### 2. Determine what activities you want to do in your sunglasses

Not all sunglasses are created equal! Some shades are best for lounging around the pool, while others are specially designed for activities like cycling, running, or even reading in the sun. Many retailers, including eyecare providers, sell sunglasses with features that are specially designed to provide protection from injury and optimize performance in sports or activities. By figuring out how you plan to use your sunnies in advance, you're helping to ensure optimal fit and performance.

### 3. Pick a lens

The right sports sunglass lenses can make all the difference! Make sure to choose a lens that fits your needs and personal style. Here's a rundown of the basics:

- **Anti-Fog:** Lenses with anti-fog coatings keep fog, mist, and condensation from building up on the lenses of your eyewear, ensuring that you can see your best in all outdoor conditions.
- **Anti-Reflective:** These lenses dramatically reduce distracting reflections, improving contrast and comfort in difficult lighting situations.
- **Impact Resistant:** Good for high-impact sports, these lenses are often made of polycarbonate materials and provide the highest level of protection—they can withstand the impact from a ball



or other projectile traveling at up to 90 miles per hour. Your protective eyewear should meet the American Standards for Testing and Materials' (ASTM) impact standards to ensure your safety and protection.

- **Interchangeable Lenses:** Having a set of interchangeable lenses can help you adapt to changing light conditions quickly.
- **Photochromic:** Seamlessly adjusting to changing light conditions, photochromic lenses automatically darken and lighten to provide the proper level of protection and comfort in varied lighting conditions. These lenses are great for driving, or other outdoor activities where lighting can change quickly.
- **Polarized:** Polarized lenses are great for a number of sports and activities. They filter out reflected glare from shiny surfaces (i.e. water, pavement and dashboards) and improve contrast and visibility, while reducing squinting and eye strain.
- **Scratch Resistant:** These lenses are built to be significantly durable, created to minimize abrasions from the elements or general wear and tear.
- **Wraparound:** Shaped to keep light from reaching the eye at various angles, these lenses can also shield the eyes from wind and debris.

## 4. Pick a frame

Sunglass frames come in every shape and color imaginable, and sports sunglasses offer many unique design features that make them best suited for an active lifestyle. Here are some things to consider when deciding which frames are right for you.

### Find your Fit

It's crucial to find a pair of sports sunglasses that are compatible with your lifestyle and the sports or activities you play. If your sunglasses can't fit well with your helmet, or fall off when you run, they won't be of much use.

- Adjustable nose pads allow you to customize the fit to your nose shape and bridge width. Some frames also feature adjustable or padded bridges that can accommodate different nose shapes and sizes, ensuring a comfortable fit for a wide range of users.
- Flexible temples or arms can provide a customized fit by allowing the sunglasses to adapt to the shape of your head, or fit comfortably under a hat or helmet.
- Frames with rubber nose pieces and rubber temples offer a secure, non-slip fit, great for runners or those participating in sports for an extended period of time.
- Look for brands that offer sizing options or frames with adjustable features to ensure a personalized fit that feels comfortable and secure.

### Comfort is Key

Choosing frames that are comfortable to wear for prolonged periods of time is essential when picking out a new pair of sunglasses. This is especially true when choosing frames for specific outdoor activities, such as running and skiing.

- Look for frames made from lightweight materials like nylon or titanium that provide durability without adding unnecessary weight
- Oversized wrap frames shield the eyes from sunlight, but can also keep your eyes protected from wind and debris.
- Sports sunglasses with built-in ventilation systems and anti-fog features keep your vision clear and help you stay comfortable even during rigorous activity or hot conditions.

## 5. When in doubt, consult a professional

At the end of the day, finding the perfect pair of sports sunglasses is all about finding the right balance between functionality, durability, and style. If you're still unsure of where to start, don't hesitate to consult a professional! Reach out to your eyecare provider or head to a reputable sunglass shop to find the perfect fit.

## 6. Snap a pic!

Sunglasses not only protect your eyes, but your shades can help you look, feel and perform your best. Once you've found your perfect pair, share your style on social media with the hashtag **#NationalSunglassesDay** on June 27.