



Benefits From Using Computer Glasses



1. **BLUE LIGHT REDUCTION:** [Computer glasses](#) limit the amount of blue light that reaches your eyes, either from computer screens, smartphones, or overhead lights.
2. **HEALTHY VISION:** With computer glasses, you can avoid eye problems, and reduce your risk of myopia. You'll also reduce the risk of macular degeneration and maintain your vision.
3. **REDUCED DIGITAL EYE STRAIN:** According to The Vision Council, 59% of adults report having digital eye strain! [blue cut lens](#) will filter out the harmful blue light that causes damage, and let you see normally without experiencing digital eye strain.
4. **REDUCED GLARE:** [Blue cut lenses](#) can cut this glare and stop your eyes from dilating with the brightness. You'll be able to see normally without that exhausting glare.
5. **IMPROVED POSTURE:** [Computer glasses](#) can improve posture, and let you straighten your back when seated at your desk. You can sit at a comfortable distance from the screen without straining to see, and this will reduce headaches and relieve the tension in your neck and back