

Top Ten Reasons to Buy Protective Sports Glasses

By Danielle Ross

Top Ten Reasons to Buy Protective Sports Glasses

Top Ten Reasons to Buy Protective Sports Glasses

If you play sport, then you need to both protect your eyes and make the most of your sport! Specialist sports glasses can help you do both.

- 1 More and more sports athletes and top named competitors are wearing glasses to protect their eyes while performing.
- 2 Sports Glasses are glasses with unique features to help you enjoy your sport more, and protect your eyes.
- 3 Unlike ordinary glasses, glasses for sports use are made with polycarbonate lenses. This sports lens material is lightweight, shatter resistant and has great optical qualities. This means it is both protective and enhances your vision while you play your sport.
- 4 Today protecting your eyes is more important than ever, as we use screen based activities for work and leisure. Sports glasses, with their polycarbonate lenses, also offer essential UVA and UVB protection.
- 5 Good quality lenses can also protect against 'blue light' which can contribute to cataracts and macular degeneration, which impair vision.
- 6 Polarised lenses have a unique filter to eliminate glare from water based surfaces. This can help reduce eye fatigue, especially if driving for long periods.
- 7 Sports Glasses also protect your eyes from lateral glare as the wrap style frames protect your eyes from light on the side as well as in front.
- 8 Sports glasses have frames which hug the head closely, offering a very comfortable fit which is important for all sports.
- 9 How do you know which lens is right for your sport? Tinted colour lenses focus on different parts of the light spectrum, and each is adapted to the external conditions appropriate for your sport. Your vision can be enhanced by choosing the right colour lens. This gives greater accuracy of vision during play.
- 10 For swimming and diving, seeing in the water is a key safety feature. Prescription swimming goggles and diving masks are widely available, both for long and short sighted people.

Danielle Ross

www.sportslens.co.uk – prescription performance eyewear on the net!

Get-Articles.com : 1000's of reprintable business and internet marketing-related articles.

[Submit your article for reprint.](#)