# Your eyes

## Reflections On An Important Eyewear Feature

(NAPS)—When choosing a pair of glasses, a feature you don't choose may be as important as those you choose.

One thing an increasing number of eyeglass wearers choose not to have is annoying reflections from the lenses. They are eliminating these by choosing eyeglasses that have an anti-reflective coating.

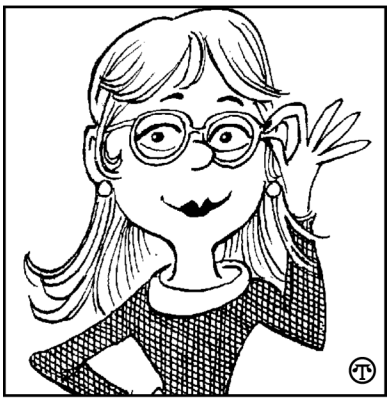
Eliminating these reflections has many benefits. Anti-reflective coating enables drivers to see things on the road ahead more easily and with less eye strain. Research has demonstrated that under simulated night driving conditions, AR lenses improve contrast sensitivity 100 percent when compared to identical uncoated lenses, making driving at night easier and more comfortable.

When worn in daylight and indoors, most spectacle wearers find an AR coating provides noticeably better visual performance, making objects appear brighter and crisper.

AR coatings also increase visual comfort. Eye strain is a common complaint among office workers, especially if they use a computer.

Anti-reflective coating eliminates distracting reflections and ghost images that contribute to eyestrain.

Spectacle wearers who do a lot of reading or computer work often find that AR-coated lenses help reduce eye strain and fatigue. The coating reduces glare and discomfort from back surface reflections on both clear lenses and sunglass lenses.



**Anti-reflective coating can help improve visual comfort by eliminating distracting reflections that contribute to eyestrain.**

The coating can also enhance appearance by making lenses look thinner by eliminating distracting reflections.

"Because your lenses are thinner and lens reflections are eliminated, the appearance of your frame is also enhanced," said Gary Heiting, O.D. of Hopkins, Minn. "The combination of thinner, lighter, high index lenses and new titanium frames makes your eyewear lighter and more comfortable."

With anti-reflective coating, it's easier to see the wearers' eyes, not their lenses, improving eye contact for better communication.

For a free brochure on anti-reflective lenses, write to AR Council, 8818 Windsor Terrace, Minneapolis, MN 55443 or visit www.arcouncil.org.

---

*Editor's Note: This is the second article in a series on anti-reflective lenses.*