

SAFETY SENSE

Seeing Your Way Clear To Safer Nighttime Driving

(NAPS)—Taking a few safety precautions can make a difference that seems like night and day when it comes to nighttime driving.

Visibility is very important. When driving at night, be sure that your lights are working and that your windshield is clean to reduce unnecessary glare.

Traveling when you are tired or have been drinking can slow down your reaction time and affect your concentration.

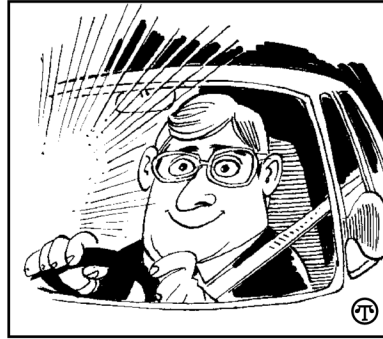
Another important aspect of nighttime road safety is to have your eyes examined on a regular basis.

While most people are aware of the importance of regular eye exams, few may know of the importance of adding anti-reflective coating to eyeglasses.

This measure can help reduce glare during nighttime driving, while increasing the amount of light reaching your eyes about 10 percent, which enables drivers to see things on the road ahead more easily.

The coating virtually eliminates dangerous reflective glare from oncoming lights.

“AR is wonderful for reducing the starburst effect of an oncoming car’s headlights on a dark, two-lane road, or for eliminating annoying reflections from a car approaching behind and its headlight reflection bouncing off the back surface of the lens, directly



Anti-reflective coating on eyeglasses can go a long way toward making nighttime driving easier.

into the eyes,” said Jay Petersma, O.D. of Johnston, Iowa. “Anyone who drives will appreciate the difference this coating makes.”

While nighttime driving may be improved, most patients also report that under all lighting conditions objects appear brighter and crisper. Anti-reflective coating also lessens eye fatigue during normal work and play conditions, such as long hours at a computer screen or playing sports under artificial lights.

Anti-reflective coated lenses are nearly invisible, making thick lenses look thinner and your eyes easier to see.

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 third in a series of articles on anti-reflective eyeglass coatings.