

What Are Prescription Sunglasses and How do They Work?



Prescription lenses are crystals that adapt to the light that is there at all times. That is, they darken when they detect UV rays and become lighter when there is no sunlight.

It is important to emphasize the nuance that they only darken and lighten in sunlight. They will not change color if you expose them to artificial light. How does this mechanism work? Very easy. Lenses contain copper or silver chloride, a substance that reacts to ultraviolet rays. Currently, as an alternative, dyes from each manufacturer are used many times.

Advantages and Disadvantages

We start by talking about the drawbacks, and you may have heard that Prescription lenses take time to darken. The truth

is that work has been done and is still being worked on, so the time you have to wait is less and less.

On the other hand, it is true that they do not darken inside the car because the windshield prevents UV rays from penetrating. However, as in the previous paragraph, we can say that progress is being made in this regard. The latest [prescription sunglasses](#) that have hit the market are tackling this problem, so we will have to wait to see if a solution is found.

If we talk about advantages, we must highlight its adaptability. We can even have prescription glasses that darken with the sun, which affects people with vision problems very positively. With Prescription lenses, people who wear glasses for health reasons can wear them indoors and outdoors. When there is no sunlight, the crystals will be transparent and then they will adapt to the circumstances.

The truth is that anyone can wear them, although we will talk about driving later. However, it is true that some people can especially benefit from the benefits of glasses with lenses that darken in the sun. We refer, for example, to those who, due to vision problems, must always wear prescription glasses.

In addition, it is worth mentioning those that are subjected to constant changes of light. An example is people who regularly cycle or run several kilometers. If this is your case, you will know that the light changes every so often and at a high speed, and it is not feasible to remove and put the glasses on each time this happens. With sports glasses with Prescription lenses, you forget about this problem.

And to Drive?

We already said that currently most prescription sunglasses do not work inside the car. However, it is true that there are lens options that darken a lot but are not completely clear

either. If you do not have a great sensitivity to light, it could be an option to opt for crystals of this type.

In the event that you do have sensitivity or are going to drive in places with many reflections, we do not recommend it. For cases such as driving, it is better to wear polarized glasses and opt for Prescription glasses for the rest of the time.

Who are Prescription Lenses for?

Everyone can choose prescription sunglasses, but there are people for whom their use can lead to a special improvement in comfort and quality of life, and it is for people who always have to wear prescription glasses due to visual disturbances such as presbyopia, myopia, hyperopia or astigmatism. These people usually have to change glasses continuously, depending on whether they are indoors or outdoors, and wearing Prescription glasses they can forget about this.

They are also perfect for people who practice cycling, running, or other outdoor activities such as hiking or climbing, because they adapt to the sunlight at all times, maintaining the best conditions of visibility and clarity without having to change glasses.

Prescription glasses are also ideal for children with prescription glasses, since they protect their eyes from the sun's rays, and also, due to the material that these lenses make up, which is much more resistant to impacts.

We have already explained what Prescription glasses consist of, glasses that darken in the sun. As you can see, there are many advantages that they can bring you, since they are lenses that are very adaptable to the environment. However, we recommend that you analyze your specific needs to decide which crystals meet those best. At University Optics & Audiology we will be happy to advise you!