

Home – Office Glasses

There are quite a range of different varifocal glasses and can be a bit of trial and error to find a manufacture and style of lenses that suite your every day needs.

For me personally I found standard varifocal which given near and distance vision not very clear in mid distance. I had to go through several different pairs before I found the solution for me which at work is the Home-Office Glasses. I tend to wear them all the time, though if I really need perfect distance vision then I have a pair of Distance varifocals as well.

The solution was Home – Office glasses that compromise the distance slightly but give wide mid vision and near vision.

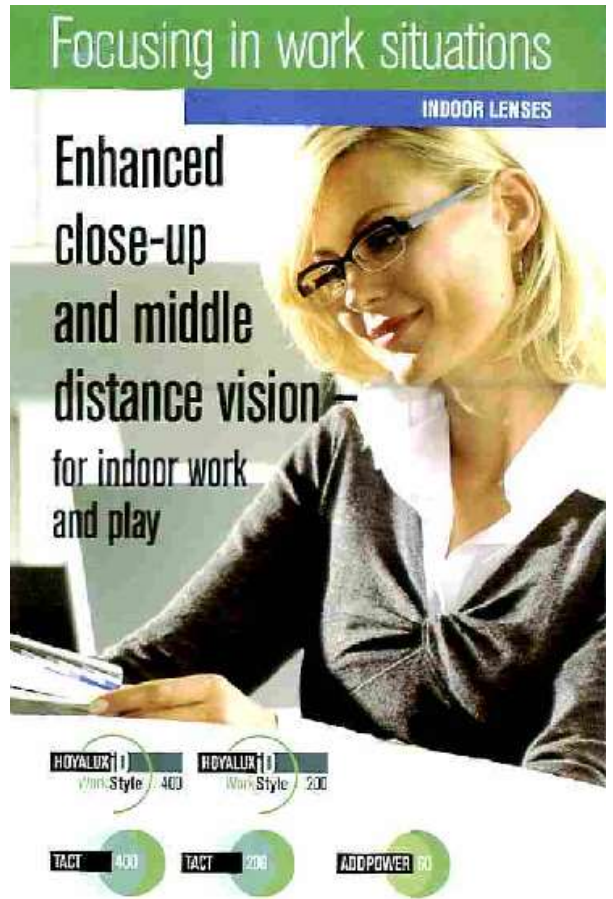
If you do a lot of office and computer work it is worth considering these.

Nikon and Hoya are some of the manufactures that do this type of lens.

I wear Hoya iD MySelf lenses from Hoya, which give excellent Work station vision. They claim “A tailor-made progressive lens for clarity at any distance” It is interesting technology and for myself works very well.

Visit for more information.

<https://www.hoyavision.com/uk/vision-products/progressive-lenses/>



Home Office Glasses: What You Need to Know

What Are Home Office Glasses? Home office glasses are specially designed eyewear meant to help reduce eye strain and discomfort associated with prolonged computer use. These glasses are a boon for those who spend a lot of time in front of screens, especially when working from home.

Range Comparisons



Why Consider Them?

1. **Reduced Eye Strain:** These glasses can help minimise eye fatigue caused by staring at screens for long periods.
2. **Better Focus:** They can improve clarity and reduce glare, making it easier to focus on your screen.
3. **Comfort for Your Eyes:** With features like blue light filtering, they can lessen the potential harm from blue light emitted by digital devices.

Features of Home Office Glasses

- **Blue Light Blocking:** They often include a filter to block or absorb blue light, which is believed to interfere with sleep patterns and cause eye strain.
- **Anti-Glare Coating:** This reduces the glare from screens and overhead lighting, providing better comfort.
- **Focused Lenses:** Some have lenses designed to optimise your vision at the distance you sit from your computer, which might be different from other activities like driving or reading.

Who Needs Them?

Anyone who spends several hours a day in front of a computer, tablet, or smartphone screen – whether for work, study, or leisure – could benefit from home office glasses.

Prescription or Non-Prescription

- **Prescription:** If you already wear glasses, you can get your home office glasses with your prescription.
- **Non-Prescription:** Even if you don't need glasses for vision correction, you can still use non-prescription home office glasses for eye protection.

Consulting an Eye Care Professional

It's a good idea to consult with an optometrist or ophthalmologist. They can advise you on whether you need prescription lenses and help you choose the right type of home office glasses based on your specific needs.

Remember: While home office glasses can help reduce eye strain, it's also important to follow good screen habits – like taking regular breaks, ensuring proper lighting, and maintaining a comfortable viewing distance from your screen.

Nicholas Lee 2024

This information is intended to provide a basic understanding of home office glasses. For personalised advice, it's best to consult with an eye care professional.