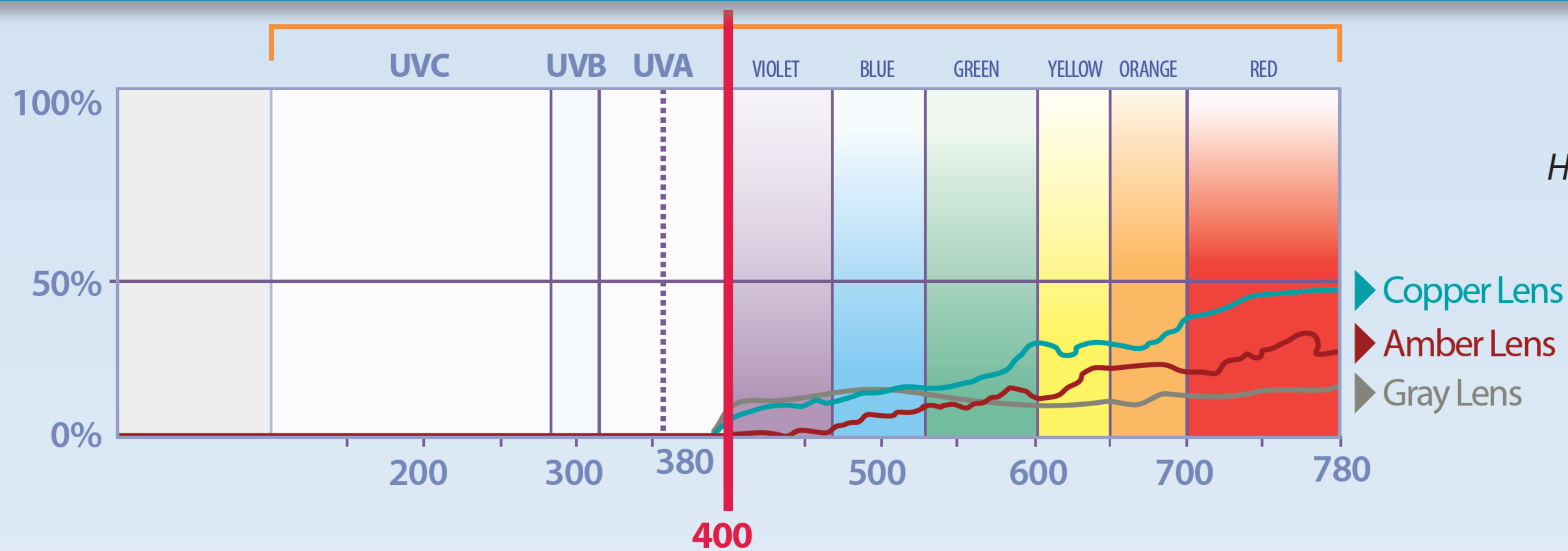


BUYER'S GUIDE



Copper (brown) lenses heighten contrast and let more red light pass (above). The Gill and Oakley amber lenses (right) allowed the most light in our test.



Look for UV protection, good fit, impact resistance

The ideal pair of sunglasses will vary among individuals. Fair-eyed people, for example, often prefer darker lenses. Our list of must-haves include UV protection, polarization, impact-resistant lenses, and good fit.

UV PROTECTION: All sunglasses should block a *minimum* of 99 percent of UVB and 95 percent of UVA radiation. *PS* recommends 100-percent protection.

FIT: Glasses should be secure on your face and allow perfect peripheral vision.

- Look for wraps/shields or frames with large eye coverage for maximum protection from sun and wind.

LENS MATERIAL: The best lens material often depends on how the glasses are to be used (or abused).

- Polycarbonate lenses: very high impact resistance, can be thin and light, good optics.
- CR-39: good optics, comfortable and

- lightweight, common for prescription.
- Glass: Clear, crisp vision but can be heavy, very scratch-resistant.
- Propionate/acetate: thin and light lenses, not for prescription.
- NXT: polyurethane, very impact resistant, good optics.
- Trivex: impact resistant, good optics, not available in polarized.
- SR-91: impact resistant, good optics.

LENS TREATMENTS/ TINTS: Tints and treatments help define the lens' purpose. A glare-reducing polarizing filter is a must.

- Photochromic: Good UV protection, adjusts tint to varied light conditions.
- Scratch-resistant/hydrophobic: minimizes abrasions (front and back) and can help repel water.
- Mirror flash treatment: Reflects light, conceals eyes.
- Copper or brown tint: Helps improve contrast and bottom definition.

- Rose or amber tint: Lenses that block only 70 percent of visible light are good general-purpose lenses for early morning/late afternoon/early evening.
- Grey tint: Good general purpose tint that is good for mid-day use and maintains natural colors.

CARE AND CLEANING: A hardcover case is key to protecting your investment. A soft microfiber bag is convenient way to protect lenses.

- Never use paper towels, tissue products, or your clothes to clean your eyewear. To avoid scratching your lenses, use a specialized eyewear cleaning cloth that is soft and lint free.
- Don't leave your glasses in the sun or on the dashboard of your car. Excessive heat and cold can cause them to warp over time.

Sources: Vision Council (www.thevisioncouncil.org), Dr. Karl Citek at Pacific University College of Optometry.