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Buy onlineMany online eyewear retailers, including those listed above, usually provide refund forms that you can submit to your visual insurance provider, if you choose to use your visual insurance to purchase them. If you pay out of pocket, buying computer glasses online is normally a painless process, as long as you know your prescription (if you use one) and the style of glasses you prefer. Buy through your eye-doctoral fellowIf you are more comfortable navigating for glasses in person, ask your eye for advice at your next vision appointment. Your doctor or staff member can help you decide which features, in addition to blue light blocking lenses, will best suit your lifestyle. DO YOU HAVE ANY MORE QUESTIONS? We have the answers in our blue glasses faq. Page update September 2020 Home Conditions Digital Eye Strain Blue sunglasses and prolonged computer use seem to go together like bread and butter. They can help wearers feel less eye strain, going through each screen-filled day with more visual comfort. But it's 2020, and there are so many blue light blocking glasses out there, it's hard to know which pair is best for you. So we did a bit of social media searches, message boards and customer feedback to track down a handful of the best blue blockers of 2020. The best everyday glasses St Michel EyeBuyDirect Starting at \$51 Currently EyeBuyDirect set the most popular glasses available with blue light protection. They have Clear lenses, so you can reduce digital eye tension with friends and colleagues none the wisest. Available in several sizes, frame colors and lens shades. Prescription lenses are available at no extra cost. Nash Felix Gray Starting at \$95 Popular frames from a popular retailer, this timeless frame style complements a variety of face shapes with ease. Available in several frame colors and lens shades. Also available with 0.25 magnification. Prescription lenses are available for an additional cost. Best Budget Buys Cyxus Classic These over-the-counter glasses can you reduce computer vision syndrome with minimal investment. Ideal for people who wear contact lenses or have 20/20 vision. Available in a number of colours and frame styles. The Pike Place Blue Light Reader Readers.com starting at \$18.95 Blue glasses that double as readers. These are best suited for people who wear contact lenses or experience soft foresight or presbyopia without astigmatism. Available in several frame colors and magnification powers. The best gunnar Intercept computer goggles and game goggles Gunnar has been synonymous with computer glasses and games for some time. The light yellow hue provides more protection from blue light for long pc or console sessions. Available in several frame colors and lens shades. Prescription lenses are available for an additional cost. Gamma Ray OpticsSome of the best, the most rated computer glasses on Amazon, with more than 10,000 comments. Various degrees of magnification can reduce eye strain by reducing the visual distance of your monitor. Available in several magnification powers. Finalists Any pair of glasses qualified Many eyewear manufacturers now offer a light blue coating on any lens like add-on. These will not provide additional magnification like many computers or game goggles (unless specifically offered), but they will block a modest amount of blue light. More often than not, this level of protection from 10% to 20% of blue light keeps the lenses clear enough for daily use, almost constant. Uvex Skyper Originally developed as goggles, these Uvex glasses have turned into a bit of a cult classic. Dark amber lenses block 98% of the blue light, so anything that passes through is negligible. Uvex also makes a version that fits on your regular glasses. If prolonged screen use causes problems like blurred vision or eye migraines, lenses that block higher levels of blue light may offer more benefits. f.lux justgetflux.com for personal use Ok, so f.lux is not a pair of glasses, but it's close. F.lux uses your position to change the color of your monitor throughout the day. The program calculates its best estimate based on when you wake up and the brightness of the sun. Think of f.lux as a free, customizable dark mode for your computer or laptop. Exact prices at the time of publication (July 2020). Prices include upgrades to blue light, if any. Page Updated September 2020 Glasses at Home As the name suggests, blue glasses block some of the high-energy blue light emitted by electronic devices such as smartphones, computers and TVs. You know, the ones we watch all day. Even your average indoor bulb can give blue light. The largest producer of blue light, the sun, sends massive amounts of blue light. Could you benefit from blue light blocking glasses? Let's see what happens. SEE ALSO: Blue light is both bad and good for youThis are blue blue Blocking glasses? When something produces light, different colors vibrate at different wavelengths. Blue-violet light is called high-energy visible light (HEV). This is the part that most resembles the potentially damaging blue light of the sun. Naturally, artificial blue light is much weaker than blue sunlight. But the average American now spends so much of his time indoors in front of digital screens that the lower exposure rate begins to add up. It is not known whether electronic blue light can directly cause eye problems, but it can contribute. The average time on devices and in front of screens for adults grows 11 hours a day, and as such, our eyes are under a lot of digital light tension, said Dr. Sheri Rowen, an ophthalmologist and member of the eyesafe vision health advisory board. The lenses are designed to help reduce the onset of digital eye fatigue and avoid disruptions to the circadian rhythm cycle, affecting sleep and general well-being, Rowen said. Blue glasses block a percentage of this light with a special coating that reflects some of the blue light away from your eyes. The height of this percentage depends on the glasses you buy. Some blue glasses have a yellow hue, while others look light. In general, lenses that appear more yellowed tend to filter more blue light than their lighter counterparts. The best first step is to consult an eye care professional to help you determine your protection needs, said Rowen. The possible benefits of blue glassesOur experience with modern technology is relatively young, especially the habit of spending 11 hours a day staring at screens. There are many things we still don't know about how this kind of use affects our eye health. Blue light-blocking glasses are often associated with two potential benefits: reduced eye strain and better sleep. Every time we use our digital devices, especially late at night, we tell our brains to keep our bodies awake, said Caroline Dubreuil, director of product marketing at EyeBuyDirect. Research shows that wearing blue-light filtering glasses three to four hours before bedtime can lead to better and more resident sleep, Dubreuil added. SEE ALSO: How computer glasses are differentIt might help to think of blue light goggles as a kind of trial and error thing. If you experience fatigue or have problems falling asleep (especially after excessive screen time), blue light glasses can be worth looking into. They can relieve some of your eye strain or help you sleep a little easier, or they may not. Some people swear by them, while others don't see many benefits. Online retailers like EyeBuyDirect and Zenni Optical sell prescription and over-the-counter blue light filter glasses for much less than most eyewear stores, so the risk to your will be minimal if they do not work. Practicing good screen hygieneWith or without blue light glasses, practicing eye-friendly screen habits is a guaranteed way to reduce your eye strain and the effects of computer vision syndrome. Symptoms of digital eye fatigue often include blurred vision, headaches and dry eyes. The tension of focusing on the screens can even trigger eye migraines. Rule 20-20-20 is easy to remember and use: every 20 minutes, you use a digital screen, look at an object at least 20 feet away for 20 seconds. Lifestyle adjustments like regular practice of rule 20-20-20, taking extended screen breaks and using your phone's dark mode can complement all the benefits you experience with anti-blue light glasses. Visit our guide to digital eye fatigue to learn more about its effects and how to avoid them. Updated page September 2020 2020

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