

6 Things You Didn't Know About Prescription Sunglasses



Prescription sunglasses are more than just a stylish accessory, they offer crucial eye protection and can even enhance outdoor experiences. Here are six interesting facts you might not know about prescription sunglasses.



1



Polarized Lenses Reduce Eye Strain

Polarized lenses in your prescription sunglasses cut glare and also help reduce eye strain during outdoor activities like driving or water sports.

2



100% UV Protection is a Must

Prescription sunglasses should always offer full UV protection to safeguard your eyes from harmful rays.

3



They Can Be Customized for Specific Outdoor Activities

Several prescription sunglasses are specially designed for various outdoor activities like hiking, water sports, and cycling. Brands like [Oakley prescription sunglasses](#) offer tailored options for outdoor activity/lifestyle.

4



Anti-Glare Coatings Improve Comfort

Anti-glare coatings minimize reflections, making outdoor adventures more comfortable, especially in bright environments.

5



Fit Affects Performance

A well-fitting pair of prescription sunglasses ensures better vision and comfort. Wraparound styles add extra protection from the sun.

6



High-Quality Lenses Enhance Vision

Investing in premium lenses can greatly improve your visual experience outdoors. Choose options like [Maui Jim prescription sunglasses](#) with high-quality lenses for improved clarity and protection for outdoor activities.