

While you were sleeping ...

IT SOUNDS incredible, but thanks to advances in eye care there are now contact lenses available that carry on working even after they are removed. Worn while the wearers are sleeping, the Nocturnal lenses correct short-sightedness so effectively that they need not be worn during the day.

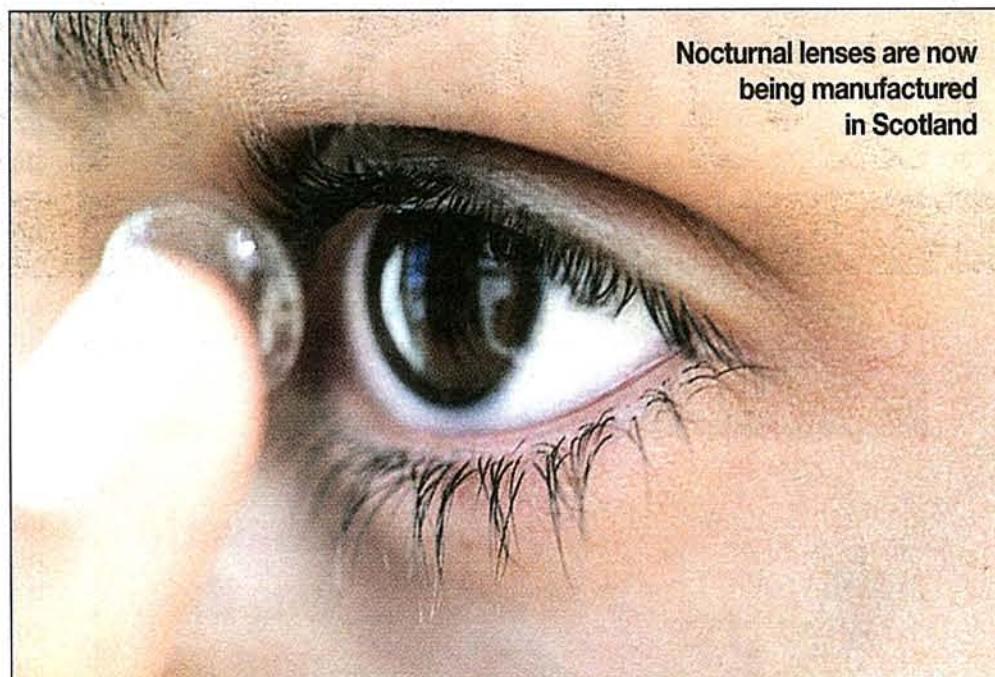
It is a cheaper, safer method than laser surgery and a fantastic option for those who find that contact lenses impinge on their daily activities.

However, although the technology has been available for several years it is relatively unknown as the bigger chains tend not to offer it.

"Due to the extra optometrist time involved and it being a fairly expensive piece of kit, the big chains tend not to offer the service," explains Chris O'Neill, of Jack Brown Eyecare, which has branches in Glasgow and Edinburgh.

"The result is that lots of people are surprised when they learn about them. We have actually got one client who heard about them several years ago but when he told his friends they laughed so hard he convinced himself he must have dreamed about them."

Other than price and safety, advantages to the Nocturnal lenses include



Nocturnal lenses are now being manufactured in Scotland

... your revolutionary lenses from Jack Brown Eyecare helped to correct your vision

the fact that they are less easily lost. They also only have to be worn for around seven to eight hours each night instead of the 14-16 hours averaged by day lens wearers.

They work by changing the contour of the eye to what would be an ideal

shape as, in the case of short-sightedness, there is too big a distance between the front and the back of the eye. They can be worn from the early teens until the late fifties.

"They are non-invasive and you normally get a higher standard of

corrected vision than you do with laser," says Chris. "It is also much cheaper and if you need a new prescription a couple of years down the line then we just change the power of the lens, whereas if you had opted for laser you would need another operation."

Previously exported from the USA, Linlithgow firm Scotlens is now making the lenses.

Proof of their efficacy is the fact that Chris himself wears them. As the dispensing optician at the firm – the optometrist is Richard Davison – he thought he would try them to make sure of their comfort, but was so impressed he has been wearing them for six years.

"Not having to wear contact lenses during the day means you no longer experience problems with hay fever, dryness, air conditioning, wind, dust or slippage, leaving you free to focus on enjoying a modern, active lifestyle," says Chris. "Nocturnal lenses also offer huge benefits to people in specific areas of employment where spectacles or lenses can be an inconvenience. They are also ideal for people involved in hockey, rugby, golf or indeed most outdoor sports, as well as swimming."

seeing clearly is within your reach



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