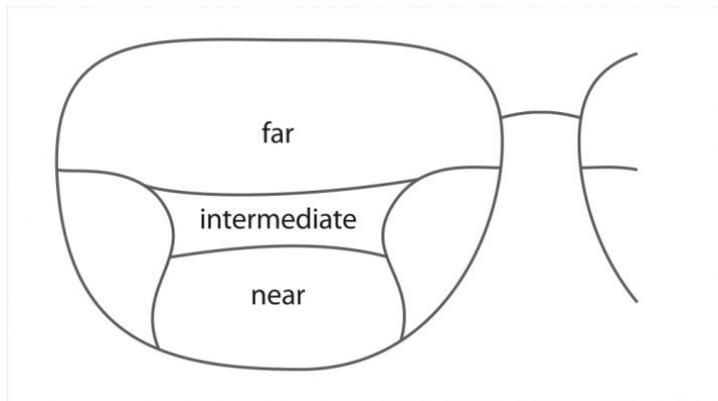


THE INSTRUCTIONS MANUAL FOR PROGRESSIVE LENSES

Progressive lenses have three zones of vision - distance, intermediate and near. They provide sharp vision at all distances. It is fairly simple to learn how to use them.



different zones of progressive lense

No matter what you are looking at, always turn your head towards the object, then raise or lower your head to focus the image. This way, you will always use the part of the glass that is intended for specific distance.

Looking up and down through the glass allows you to smoothly and continuously change the distance of sharp vision.

Simple exercise:

- look straight out the window (this is your far vision)
- slowly look closer to you, e.g. on the table (this is the intermediate vision)
- by using lower area of the lense look at a script on a paper sheet you are holding (this beeing your near vision)

Now change the view from a distance to near and back - the glasses allow continuous viewing at all distances.

The sharpness of the image changes as you raise and lower your head - you can use the following technique to finetune your focus while performing various visual tasks:

Look at your feet while standing straight and not moving your head down. Now lower your head until your image of legs is sharpened. This exercise will help you walk the stairs.

Now let's explore the peripheral vision. Look straight ahead and move your eye view away from the center of the lense to the side. The side part of the lense is not intended for sharp, but it helps your orientation. Use the central parts of the lense for sharp vision by turning your head towards objects you observe.

It is important to adjust the spectacles in such a way that the position of the lenses will be close to our eyes. If they slip down the nose, the lenses will be positioned to far away and consequently the fields of vision will narrow.

If it happens regularly, it is recommend that you visit your optician to readjust the spectacles..