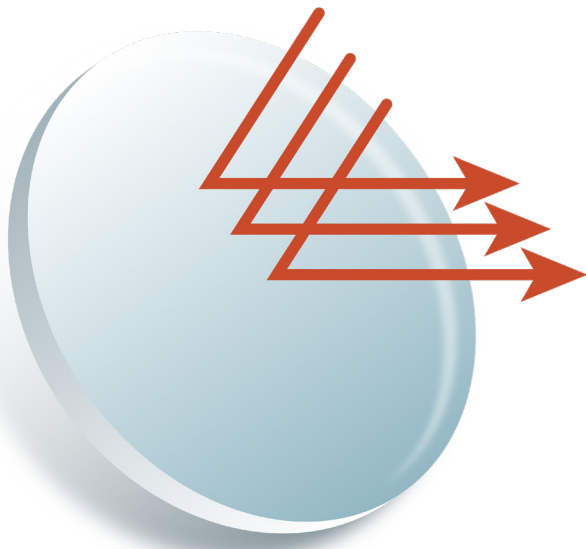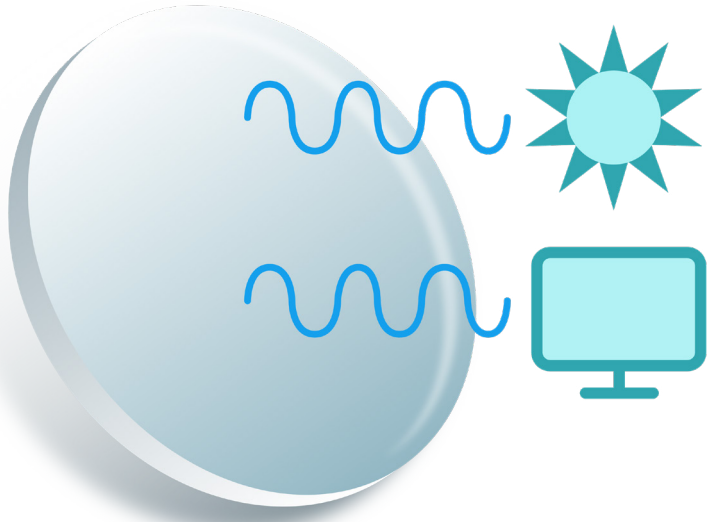# A Guide to Lens Types

Select a lens type like one of the ones below to help address your lifestyle goals. Here are some special tints, filters, and coatings that may be available from your eye care provider.

Anti-Reflective Coating

Reduces reflective light by eliminating reflections from both sides of the lens, which can enhance comfort, reduces eye strain and improves the cosmetic appearance of your eyeglasses.[1]

Blue Light Filtering

Reduces the amount of blue light that reaches the eye, which can help minimize digital eye strain and improve sleep quality by blocking or absorbing blue light and UV light from screens.[2]

Digital Single Vision Lenses

Improves single viewing distance across the entire surface of the lens by either diverging or converging light rays to correct for nearsightedness, farsightedness, and astigmatism.[3]
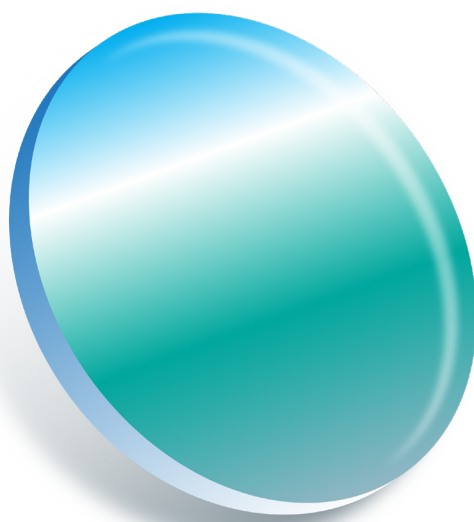
High-Index Lenses

Made of materials that bend light more efficiently than traditional glass or plastic lenses, making them thinner and lighter.[4]

Lens Color Tint

Designed to enhance contrast and reduce glare while also helping with color perception to improve visual comfort in bright light.[5]
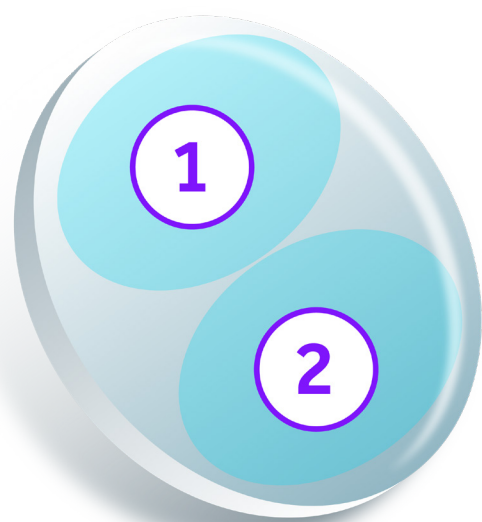
Photochromic Lenses (Transitions®)

Changes color depending on the amount of UV or artificial light.[6]

Polarized Lenses

Reduces glare from surfaces such as water, snow, and glass. Can improve visual clarity and comfort.[7]
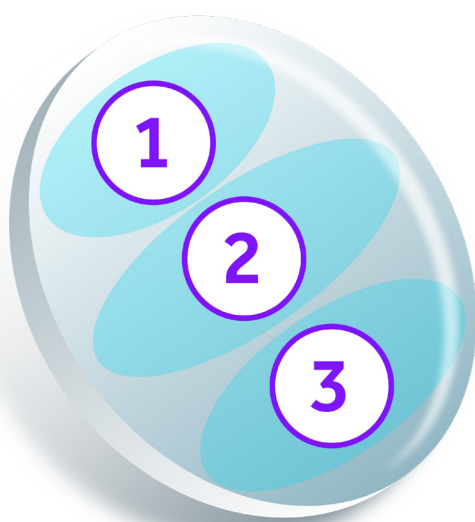
Polycarbonate Lenses

Thinner and lighter than regular plastic lenses and more impact-resistant. Ideal for sports and children's eyewear.[4]

Progressive Lenses

Corrects age-related farsightedness and provides a smooth transition from distance vision to near vision without the visible line found in bifocal lenses.[8]
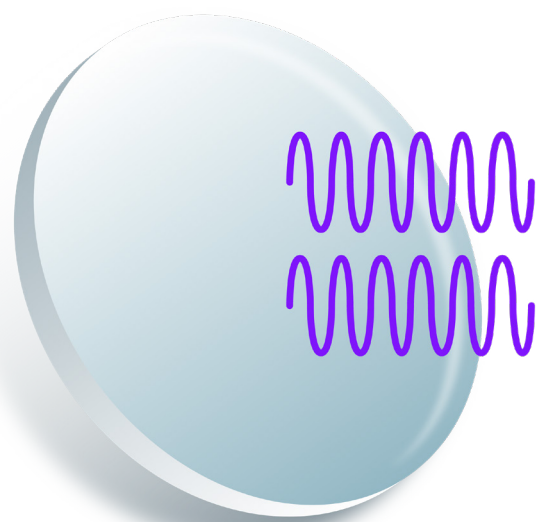
Scratch-Resistant Coating

Protects eyeglass lenses from scratches and other damage caused by everyday wear and tear.[9]

Trifocal Lenses

Lenses that have three different lens powers for distance, intermediate and near vision.[10]

Trivex Lenses

Lenses that are lightweight, impact-resistant and provide sharp vision.[11]

Ultraviolet Coating

Protects eyes from harmful UV rays.[9]

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