

# 5 Easy Eye Care Tips That Make You Look Sharp

It's safe to say we can take our vision for granted.

We've all stayed up too late, scrolled on our phone for too long, or squinted through our windshields on our morning commute.

Maybe even all of the above.

Taking care of your eyes can take a back seat to a lot, but it is important.

If your eyes lack the clarity they used to, or you rub your eyes a lot to soothe them, we can help.

We'll give you easy, natural eye care tips to keep your eyes happy, bright, and healthy.

## 1. Healthy Diet = Healthy Eyes

The first of our eye care tips is to pick healthy food options. Maintaining good nutrition isn't easy, but it does help prevent serious eye issues down the road.

Chomping down on foods high in omega-3, zinc, lutein, and vitamins C and E will help boost your eye health. To get these nutrients, we recommend the following:

- Leafy vegetables — spinach, kale, and collards
- Good protein — tuna, salmon, and eggs
- Citrus fruits — oranges, grapefruits, and lemons
- Nuts and seeds — cashews, lentils, and chia seeds

These nutrients defend your eyes against macular degeneration, which makes reading and seeing faces difficult.

Does changing up your dinner seem daunting?

We suggest trying different foods for a few days just like our 'Home Try-On' offer!

Our 'Home Try-On' offer, allows you to select 5 frames and try them for 5 days.

[Click here] to find the 5 frames you love best in our 'Home Try-On' selection.

## **2. Stop Smoking**

Puffing on cigarettes doesn't just affect your lungs, it's also another cause of macular degeneration and cataracts. Yes, smoking can even damage your optic nerves.

Quitting smoking is easier said than done, but studies show that those who keep trying to quit are more likely to succeed. Knowing how to maintain good eye vision is worth it!

Tossing the pack aside has other benefits like...

...all the money you can save!

Treating yourself to a new pair of glasses will not only enhance your good looks, but contribute to your good deeds as well.

Our 'Buy a Pair, Give a Pair' program ensures that for every pair of Warby Parker glasses purchased, another pair is given to someone in need.

To learn more about 'Buy a Pair, Give a Pair' [[Click Here](#)].

## **3. Wear Your Shades Shamelessly**

Not only can the perfect pair of sunglasses be the chef's kiss to your style, but they're important for eye health too. A quality pair of sunglasses protects your eyes from UV rays which is vital for taking care of your eyes.

Don't you just love a win-win?

Just like how sunscreen protects our skin, sunglasses that offer 99% UVA and UVB protection provide the same defense.

Can't find a pair of shades that make you and your eyes feel fantastic?

Our [sunglasses] offer 100% UV protection and are affordable and stylish enough to make you want a different pair for Sunday brunch, Saturday dog parks, and every day in between.

It's a relief that something as fun as sunglasses is a great example of how to best take care of your eyes on a daily basis.

## **4. Care For Your Contacts**

Another natural eye care tip is being careful with your contact lenses. Especially on nights where you're almost asleep and you realize your contacts are still in.

Tempted to fall asleep? Don't risk it.

Sleeping with your contacts in can cause nasty eye infections, which gets in the way of maintaining good eye vision.

Also, be sure to wash your hands before putting in and taking out your contacts. Along with this, don't reuse daily-use contacts!

If you're past due getting new contact lenses, you can get 15% off your first contact lens order [here].

Expired prescription? Don't sweat, [here] you can renew your prescription with us online.

## **5. Give Your Eyes A Break**

Our last tip on how to take care of your eyes on a daily basis is to cut back on your screen time. Excessive screen time can cause harmful effects to your eyesight such as:

- Eye strain
- Dry Eyes
- Trouble focusing at a distance
- Blurry Vision

It's almost impossible to avoid screens altogether, so here's some solutions:

- Rest your eyes every 20 minutes, like taking a walk or looking away.
- Adjust the color temperature setting on your screens to reduce blue light
- Keep a water bottle near you to stay hydrated
- Make sure the lights in the room are as bright as the screen

If you still have eye strain, book an [eye exam] with us to find out a solution that works best for you.

These 5 eye care tips will help keep your vision sharp. To refine your look, our [limited edition collaboration with Noah], is tailored to give you an understated edge.

