

Name: _____

Date: _____

Reading: How do eyeglasses help people see better?

Your eyes are not like anyone else's. The color can be one of a number of shades of color, but it is how well your eyes see and how they work that makes them really unique.

The eye is made up of a number of components or parts that work together, along with the brain, to process inputs of light into what we see every day. But sometimes our eyes don't work the way they should, and the world looks a little blurry. We may need help to see things far away, up close, or both. These common vision problems are easily fixed with eyeglasses or contact lenses. So how do glasses and contacts work? How do they help us see things clearly when our eyes can't do it alone?

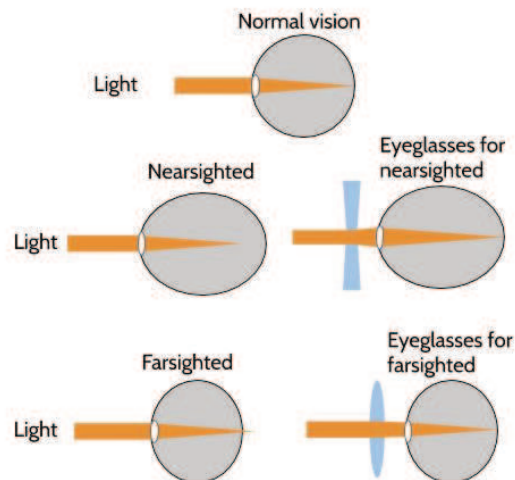


You are unique!

Common Types of Vision Problems

The human eye is shaped like a ball or sphere. Sometimes the eye is slightly longer or shorter than it should be, and sometimes it is unevenly shaped. Being incorrectly shaped changes how well the eye focuses light on the retina at the back of the eye. This causes vision problems.

If a person has eyes that are long from front to back, this causes them to be "nearsighted". Without glasses, they can see things up close. This means they can easily do things like read a book. But objects far away, like street signs, appear blurry.



Lenses correct nearsighted and farsighted vision

Other people have eyes that are short from front to back. This shape causes them to be "farsighted". Without glasses, they can see things far away, such as road signs and billboards. But they struggle to read things up close, like a computer or a newspaper. The text on objects

up close appears blurry. In both cases, the lenses in glasses correct the vision problem because they allow the eye to focus light in the right spot on the retina.

How Glasses Work

People of all ages wear glasses to help them see things more clearly. Even though there are different kinds of glasses for different vision needs, all glasses work in a similar way. The lenses in glasses help your eyes focus the light entering your eye at the exact spot that produces the clearest image. If you wear glasses, the shape of the lenses depends on the type of vision problem you have. The thickness of the lenses depends on how severe your vision problem is. Together, the proper shape and thickness will help your eyes focus light so you can see clearly.



Eyeglasses bring things into focus REDPIXEL.PL / Shutterstock

Lenses can be made of different materials. In the past, they were made of glass, but glass is very heavy, especially if you need thicker lenses! Today, most lenses are made of plastic, which is lighter than glass. Plastic can also be made into thinner lenses that do the same job as thicker glass lenses. Glasses are even considered to be very stylish, as they come in a wide variety of colors, shapes, and materials. Many people enjoy wearing glasses not only to see better, but also because glasses make them look better!