





NEW THIS MONTH

 The benefits of blue light filters

We explore what blue light coatings are and how they can help you in day to day life

 The biggest optical event of the year

The Sherratt opticians team went to 100% optical in London this month and we are excited to show you all our new frame ranges.

 New developments in dry eye care.

Over the last few years there have been many advancements in Dry eye products and how we care for our eyes, find out more here.

COCOA MINT
STUDIO



We take the time to look
after your eyes...

Blue light protection



WHAT IS BLUE LIGHT AND WHY SHOULD WE PROTECT OUR EYES FROM IT?

High Energy Visible Light (HEV) also referred to as blue light is present from 400nm to 580nm in the light spectrum. Sunlight is the main source of blue light. In fact blue light is actually what causes the sky to appear blue on a clear day.

Although electronic devices and LED light emit much lower levels of blue light. Modern lifestyles have seen using this equipment increase dramatically, particularly since the pandemic. With more people working from home, screen time is on the rise.

Studies have shown up to 80% of adults have reported using devices for over 2 hours per day and some using multiple devices at a time.

A blue filter lens helps reduce exposure to blue light by up to 20% and can contribute to reduce feelings of fatigue and eye strain. Most filters also block UV rays up to 400nm by 100% providing even more protection in everyday life.

Night driving can also be improved, with eyes feeling more relaxed and not as dazzled by modern LED headlights.

Ask us at your next eye appointment about blue light filters and we would be happy to show you the difference with our in person demonstration.



New children's frames coming soon!

WE ARE VERY EXCITED FOR THE NEW CHILDRENS RANGE FROM CONTINENTAL EYEWEAR, MR MEN AND LITTLE MISS FRAMES COMING SOON!

Frame Refresh

WITH SEVERAL NEW SYTTLES AND COLOURS, FROM TIMELESS CLASSICS TO MODERN ART STYLES, THERE IS SOMETHING FOR EVERYONE FROM MOREL.

ALL NEW FRAMES ARE NOW IN STOCK



FRAMES FROM 100%



New colour alert!

WE LOVE THE NEW COLOURS AVAILABLE FROM WOLF EYEWEAR! GO BOLD WITH THE NEW TROPICAL COLOURS IN THE PARROT RANGE!

New range

WE ARE EXCITED TO HAVE A NEW RANGE FOR BOTH MEN AND WOMEN, ARHLO. BE EXTRAORDINARY EVERY DAY.



The most common symptoms of dry eye are tired and watery eyes

WHAT IS DRY EYE?

Dry Eye is a condition where the surface of the eye becomes inflamed and sore due to a poor relationship between the tear film and the eyelids. This might be because your eyes are not producing enough tears, or that the chemistry of the tear film is out of balance. The most common cause is chronic inflammation of the eyelids.

HOW CAN WE HELP?

There have been many different advancements in dry eye care in recent years, the best way to reduce the symptoms is to get into an eye care routine, below we have listed our advanced routine, you may wish to do a few or all of these steps depending on the severity of your symptoms. If you are unsure of what would benefit you ask your optician at your next appointment.

Step 1) Place a heated compress or heat mask over your eyes for at least 5 minutes (make sure its not too hot!)

Step 2) Massage your upper and lower eyelids in circular motions for a few minutes.

Step 3) with a cotton pad or eye wipe (we recommend Blephaclean) wipe over your eyes right to the edges of your eyelids to remove any gunk and debris. Make sure you use a different wipe for each eye.

Step 4) With your eyes clean pop in some dry eye drops or gel (depending on the time of day and severity of the symptoms)

The eyes should be feeling much more comfortable after this routine, we usually recommend to do this routine morning and night while symptoms are severe and if the symptoms start to resolve reduce to only doing the routine at night.

An important thing to remember about dry eye is this is a condition to **maintain**, if you stop doing the routine the symptoms may reappear.

