



## What You Need in Frames

- Frames that **fit well and stay in place**—the lenses need to sit correctly on your face to work properly.
- **Big** enough lenses to cover your whole field of vision, so no regular light sneaks in around the edges.
- **Full-rim** frames (not rimless) to hold the coloured lenses securely .
- **Comfortable** on your nose and ears, since you'll wear these for hours while reading and doing other activities
- **Adjustable** nose pads and arms are preferred so they fit just right

## Best Materials

- **Solid colour** (to prevent light filtering through), **lightweight** plastic, acetate, or titanium frames (so they don't feel heavy after wearing them all day)
- **Strong and sturdy**, especially if they're for children who might not always handle them gently
- **Non-allergenic** materials if you have sensitive skin

## Considerations

- Choose frames that work with Irlen lenses—they might be slightly thicker than regular lenses
- Pick a style that suits your lifestyle, age, and how you'll use them
- If you need prescription lenses too, ask the optometrist to make sure the frames can work with both your prescription and the Irlen colour filters you choose

## Important: If You Need Prescription Lenses

- Most optometrists can't supply the special uncoated lenses needed for Irlen tinting these days.
- We recommend buying just the frames from your optometrist, then having the Irlen Lab make the prescription and tint together.
- This avoids problems—some people have bought coated lenses that couldn't be tinted, which caused stress and extra costs to fix.

