

Reasons to always wear sunglasses

Of the five senses that we have, sight is the most important of them all. We have the sight day by day to do any type of activity in our lives, so we must take care of our eye health.

Preserving the health of the eyes is very important for the quality of life, and we usually wear sunglasses in summer, but autumn and winter arrive and we leave our sunglasses forgotten in the bottom of a drawer. How is it possible? Being the most sensitive organs of the body they need protection throughout the year, so we show you different reasons why you should wear [sunglasses](#) in any season.

Reasons to wear sunglasses all year round

Wearing sunglasses reduces eyestrain

If you are outdoors on a very sunny day, you will be with your eyes squinted to be able to focus and see further clearly since the sun will not allow it, but this action of focusing is uncomfortable, produces visual fatigue and can also produce also headaches. Although this visual fatigue does not only occur on very sunny days, it can also occur on unsunny or cloudy days when there is a ray of sunlight through the clouds and we unconsciously tend to squint, although not so aggressively, this perhaps it is more dangerous, because since it is not a very sunny day we believe that the safety of our eyes is fine and that thought is not correct, ultraviolet rays are found in any season of the year with any type of weather.

Protects the eyelids and the areas around the eyes

Sunglasses are always a little larger than the eyes, and this is done with the functionality of not only protecting the eyes but also the surrounding skin, preventing the eyelids and surrounding areas from burning with UV rays. of the sun.

Prevent eye health conditions

UV rays can lead to the early onset of various eye diseases, such as: cataracts, photokeratitis, retinal damage, cancer of the eyes and skin

around the eyes, and other very painful conditions that can leave you blind partially or completely in the future. In this way, the quality of life can be significantly reduced, since the sun and its ultraviolet rays are always in the environment, therefore these diseases can occur if you do not take care of your eyesight in any season of the year.

Protect eyes from outdoor elements

We do not notice small details that sunglasses protect us from. We can mention that when we are on the beach, the sand does not get into our eyes thanks to the sunglasses we wear, but like this example we can mention thousands, if by any chance there is an object that has thrown or thrown some person and it is going to hit you in the eyes, having sunglasses avoids that blow that can damage them. Even if you have an allergy, using them as protection can come in handy to avoid contact of pollen with your eyes.



In winter we find similar situations, but here it is worth mentioning that the protection of sunglasses is more important in other aspects. The sun in winter is less intense but more annoying because it makes a shorter arc path closer to the horizon. This means that it is more dangerous than in summer when it is vertical, it is more blinding because it reflects and bounces off horizontal surfaces and the ultraviolet rays penetrate more

into the eyes. We must use sunglasses in winter as an essential accessory, since ice and snow produce a lot of glare.

They offer greater safety at the wheel throughout the year

If you are a driver, or have traveled by car, you will have encountered the situation of not seeing what is behind the glass even when lowering the sun visor that cars have. This situation is very dangerous, because by not seeing the driving you put yourself and those around you at risk. Wearing sunglasses helps a lot in these situations, as it increases vision, concentration, contrast and allows you to react more quickly to unforeseen events that may arise on the road.

Sunglasses help against dry eyes

People who suffer from dry eyes have more symptoms of discomfort in cold and dry environments. This situation is mostly found in winter, with the relative humidity of the air that is usually lower than in summer. In addition, the use of heating also dries the environment. Therefore, wearing glasses outdoors can alleviate symptoms in these situations as it helps keep the eye moist.

For these and many more reasons, we should wear sunglasses during all seasons of the year, because at first glance it may seem that the sun and ultraviolet rays.