**Digital Eye Strain**

Digital Eye Strain is the number one computer-related complaint in the U.S. Extended exposure to blue light may cause eye-strain, visual discomfort and sleeplessness. Indigo™ AR addresses this complaint by reducing the amount of blue light reaching the eyes. The amount of blue light that is filtered varies, depending on the wavelength of the blue light present. This helps enhance visual acuity and protects against accumulated, potentially harmful effects of bad blue light.

**Blue light is present outdoors as a component of natural light.**

Blurriness and Reduced Contrast

Blue light tends to scatter easily causing blurriness and decreases in color contrast. Indigo™ AR selectively filters out high energy harmful blue light while letting beneficial turquoise blue light pass through.

**BLUE LIGHT - The Good and The Bad**

Visible light is both harmful and beneficial to vision and health. “Blue Light”, also known as High Energy Visible (HEV) light, is the shortest and highest energy light ranging from 380nm to 500nm within the visible spectrum. Blue light in 470nm to 500nm range is generally considered beneficial and provides natural reflexes protecting eyes against light overexposure. It also provides for the right functioning of the circadian rhythm (sleep/wake cycle), memory and cognitive performance. However, blue light in 380nm to 470nm range, which is violet-blue in color, is generally considered harmful and can cause accumulated potential damage to the retinal cells. It can also reduce contrast and decrease sharpness and clarity of vision.
**INDIGO™ AR** provides increased protection from blue light health hazards in addition to providing all of the benefits of a premium anti-reflective coating.

**Benefits of the Indigo™ Blue-Light Filtering AR**

- Reduces accumulated potential damage to the eyes from harmful high energy blue light
- Allows good blue light to pass through the lens for increased visual acuity and clarity
- Reduces digital eye fatigue and symptoms associated with Computer Vision Syndrome
- Provides protection against back-surface UV reflections
- Super-oleophobic, anti-static, scratch resistant and repels dust, smudges and water

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**INDIGO™ — Availability**

**Indigo™ HD (High Durability)**

- Provides ultimate protection against potentially harmful effects of blue light.
- Reduces eye strain and blurriness, and increases contrast.
- Includes double-sided thermally cured hardcoat for high durability and ultra-scratch resistance.
- Available on any lens material.
- Available on uncut or complete finished jobs.
- Uncut orders include ‘Edge Assure™’ layer for easy, carefree edging.
- Can be ordered with IC No-Fog™.
- 2 year warranty.

**Indigo™**

- Provides ultimate protection against potentially harmful effects of blue light.
- Reduces eye strain and blurriness, and increases contrast.
- Available on lenses with lab applied UV cured hardcoat or lens manufacturer’s hardcoat.
- Available on any lens material.
- Available on uncut or complete finished jobs.
- Uncut orders include ‘Edge Assure™’ layer for easy, carefree edging.
- Can be ordered with IC No-Fog™.
- 1 year warranty.