



Office Lens Portfolio

Better vision for work and leisure

Most spectacle wearers increasingly see computers as an integral part of their working lives. But spending most of the day in front of a screen can lead to neck, back and shoulder pain. This is often caused by wearing the wrong kind of glasses. Reading glasses and progressive lenses are not the best solution for people who spend much of their day working in front of a screen. A better choice is a pair of computer glasses with special ZEISS lenses designed for workplace use. These lenses offer a large field of vision at close and intermediate distances, giving you an unimpaired view of the screen while favouring a natural posture and sitting position. They can also be optimised to match your specific requirements.

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How you benefit

A tailor-made colleague!

- Clear, sharply focused vision in the close and intermediate ranges with large fields of vision.

- This ensures relaxed, natural vision in the office and in any other tasks you perform in the near to intermediate ranges.
- The best solution for a comfortable posture and head position which prevents neck, back and shoulder strain.
- These lenses are designed to assist you and your visual behaviour both at work and in your leisure time. ZEISS lenses for the workplace can be tailored to your individual vision needs in the near and intermediate ranges.

How do computer glasses help?

Keeping your head and body in a relaxed position is crucial

Working at a computer compels our eyes to focus on very specific distances in the near and intermediate ranges.



Wearing reading glasses for computer work

Reading glasses are designed for very close distances which are shorter than the distance between your eyes and a computer. So when you wear reading glasses while working at the computer, you automatically move your head closer to the screen. This causes you to adopt an uncomfortable posture which can lead to tension in your neck and back.

How this affects your posture in front of the screen:

- To see text and images clearly on the screen, you automatically lean forward.
- This puts unnecessary strain on your neck and back.

Do you wear progressive lenses at work?

People who wear progressive lenses look at their computer screen in an entirely different way. Because progressive lenses have different zones which allow you to see at all distances, working at a screen means you need to look through the bottom section of the lens. To do this, you have to tilt your head backwards slightly. Once again, this unnatural posture can lead to neck and shoulder pain.

How this affects your posture in front of the screen:

- You lift your head to see through the intermediate zones of the lens.
- This puts strain on your neck and back muscles.



Computer glasses help you feel more relaxed

Clear vision all day long at three different working distances

As a rule, glasses that are closely tailored to the way you work make it more likely that you will sit in front of the screen in a comfortable, relaxed position. ZEISS lenses for the workplace offer a large field of vision at near distances. Crucially, they also offer an ample field of vision at intermediate distances to help you look up and talk to your colleagues while working on a computer. They are optimised for vision at a range of between half a metre and four metres. Wearing computer glasses keeps your posture relaxed because you can look through the right section of the lens without effort.

ZEISS understands the importance of personalised vision. Everyone performs their work and hobbies at different distances and under different conditions, so ZEISS has created three different types of lens. With professional fitting, ZEISS office lenses can be adapted to your precise visual requirements right down to the very last centimetre.

ZEISS spectacle lenses for work:

Thanks to the lenses' customised design, wearers can enjoy clear, sharp vision tailored to their needs at all three distances at the workplace:

- ✓ Reading distance
- ✓ Near distance
- ✓ Room distance

How this affects your posture in front of the screen:

- ✓ Your head and neck remain in a natural position.
- ✓ Perfect comfort – all day long.

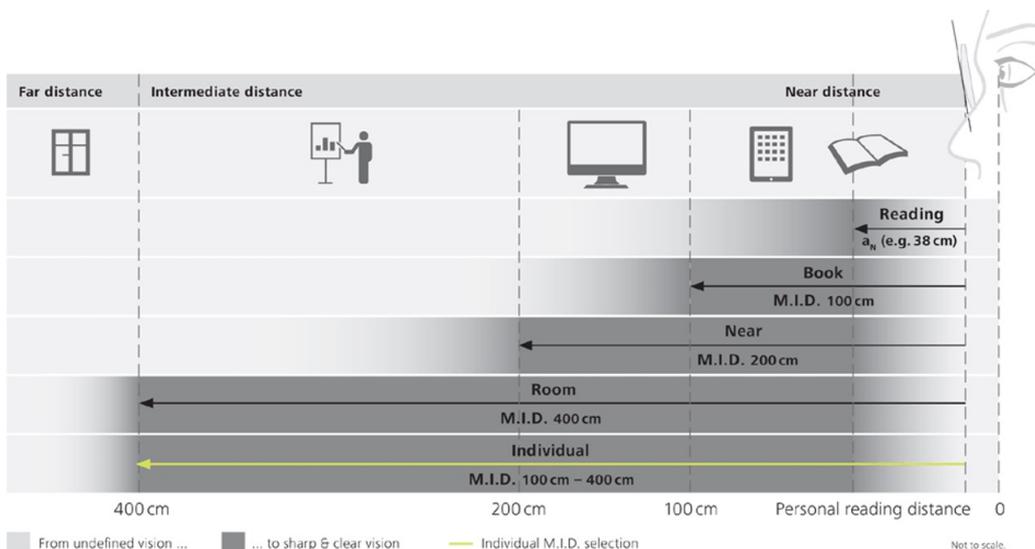
How M.I.D. technology from ZEISS works

Our vision needs at the workplace vary tremendously from one person to the next. They depend in part on the exact type of work you do. For example, do you spend a lot of your day talking to customers and colleagues? Or do you spend almost the whole day working on a computer? Another key consideration is the distance between your eyes and the screen. To meet people's individual needs, ZEISS developed what it calls Maximum Intermediate Distance (M.I.D.) technology. This provides clear and relaxed vision tailored to each individual, ranging from optimised reading glasses to progressive lenses for indoor use.

By introducing technology to determine each wearer's maximum intermediate distance (M.I.D.), ZEISS has created lenses which can be adapted to the specific visual distances required by each individual user.

ZEISS office lenses are available for three maximum intermediate distances (M.I.D.):

- ✓ **Book** – an office lens specially optimised for reading which offers clear vision from a reading distance up to a fixed M.I.D. of 100 cm.
- ✓ **Near** – an office lens specially optimised for near distances which offers clear vision from a reading distance up to a fixed M.I.D. of 200 cm.
- ✓ **Room** – a progressive lens for indoor use specially optimised for room distances which offers clear vision from a reading distance up to a fixed M.I.D. of 400 cm.



Related Products



ZEISS cleaning solutions

Gentle, easy, effective.

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For optimum vision and maximum comfort.

[Learn more](#)



DuraVision BlueProtect

The lens coating with a blue-light filter.

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My Vision Profile

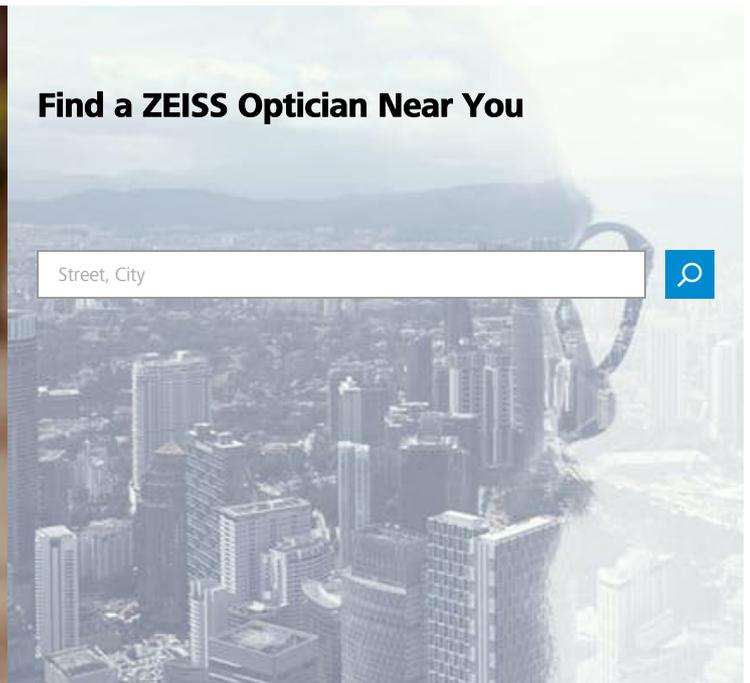
Determine your personal visual habits now and find your individualised lens solution.

[Check Your Vision Profile Now!](#)



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Not all products, services or offers are approved or offered in every market and approved labelling and instructions may vary from one country to another. For country specific product information, see the appropriate country website.



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Understanding Vision
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Lifestyle + Fashion
Driving + Mobility
Sports + Leisure
Work Life

Help me choose

Distance + Reading Glasses
Varifocal Lenses
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Working Glasses
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For Eye Care Professionals

Our goal is to make you successful
Instruments + Technologies
ZEISS Spectacle Lenses
ZEISS Cleaning Solutions