

Health + Prevention Jul 27, 2018

What sunglasses are right for your favorite activity?

There's a perfect pair of sunglasses for any occasion.

[Protection, style and convenience all year long](#)

[Which sunglasses are right for which situation?](#)

[All the benefits at a glance](#)

More than a cool look: a good pair of sunglasses isn't just a stylish accessory – it also helps provide optimum vision in bright sunlight and protects your eyes from harmful UV radiation. However, not every pair of sunglasses is equally well-suited for every situation. Whether playing sports, spending time on the beach or heading up into the mountains – depending on when you'll wear your sunglasses, there are different factors you should keep in mind. Our sun protection categories will help you find the right sunglasses for your situation. We'll explain what level of protection you need, how the different sun protection categories vary, and which pair of sunglasses is best-suited for a particular activity.

Protection, style and convenience all year long

A good pair of sunglasses means you'll better enjoy the sunny side of life. However, this requires sunglass lenses that accommodate your needs and daily routines. Keep in mind that the better the fit to the individual wearer, the more comfortable the sunglasses are. So if your eyes are sensitive to bright light, then you should choose a somewhat darker tint. Bright and gradient tints are ideal on cloudy days with little sunlight, whereas dark tints protect your eyes in strong sunshine.

> [Are you familiar with the "smart lenses" from ZEISS? PhotoFusion from ZEISS – these self-tinting lenses switch quickly from clear to dark and are available in cool colors](#)

[AdaptiveSun Solutions from ZEISS – sunglass lenses that automatically darken in the shade and clear up indoors](#)

Please note: when selecting sunglasses or glasses with tinted lenses, make sure they provide complete UV protection up to 400 nm¹. Sunglass lenses from ZEISS offer this protection – no exceptions. **But the benefits don't stop there:** with the right add-ons, these lenses improve color and contrast perception and minimize unpleasant > glare caused by bright sunshine or distracting reflections.

Eyeglasses that adapt

Any eyeglass wearer knows that, without glasses, you don't see clearly. Hence it's great to have a pair of sunglasses with your prescription. Unfortunately, they're often suddenly too dark – either when you enter a store from outside, move from the sunlight into the shade, or when it suddenly turns cloudy while playing sports outdoors. Yet just taking off your glasses isn't a solution since you won't be able to see clearly and your eyes won't be protected. It's inconvenient to constantly change your glasses. With PhotoFusion lenses by ZEISS, your glasses will change from light to dark quickly in all lighting situations, ensuring optimum vision. Your eyeglasses will continue to act as both clear eyeglasses and sunglasses – trendy, stylish and, of course, with full UV protection up to 400 nm.

Remember: since even on cloudy days UV light can damage your eyes, clear eyeglass lenses should protect them from UV radiation.
> [Learn more about UV protection in clear lenses here...](#)



The image shows a video player interface. On the left is a thumbnail for a video titled "ZEISS UV Radiation: Protection through Sunglasses". The thumbnail depicts a woman with glasses reading a red book in a grassy field under a blue sky with clouds. A play button icon is centered on the thumbnail. On the right side of the player, the text "Sun" is partially visible at the top, and "Share" is visible below it. Below the thumbnail, the text "Sun" is displayed in a large, bold font, followed by "and what you should know about them" in a smaller font.

Which sunglasses are right for which situation?

Basically, we differentiate between three main situations where you need sunglasses: for the city, driving, and sports. There is an optimum tint intensity for any given situation so that your sunglasses are neither too dark nor too bright. You can choose from tint levels ranging from 0 to 97 percent light absorption – in line with the light intensity and when you'll be wearing your sunglasses.

Sunglasses for strolling through town or when indoors (very low light intensity)



The perfect companion when shopping – and a stylish accessory while indoors: for cloudy days out-and-about in the city or when inside, sunglasses lenses with a light absorption of 0 to 20 percent are optimally suited for the urban environment. Whether with a gradient or solid tint, such as grey, bright blue or rosé, they're a real head-turner, too. Check out our nearly unlimited selection of lens tints – you're sure to find your favorite color! Looking for a tint to fit your fashion style or a pair of unconventional frames? No problem – you'll be surprised at the range of



You can see that there is an optimum pair of sunglasses for every activity, whether indoors, on the golf course or up in the mountains. If you're unsure which tint intensity or color is best for you, talk with your eye doctor. And no matter what color tint you choose, make sure your lenses have a hard coating to protect them against scratches along with an anti-reflective coating to keep irritating reflections in the lens to a minimum.

All the benefits at a glance

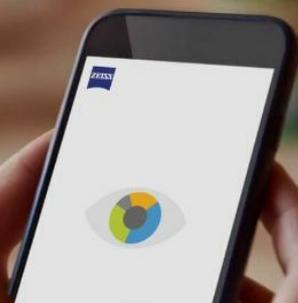
TYPE			BEST CHOICE FOR
URBAN	0 - 20% very low light intensity		Cosmetic solid tints or light tints for indoors and the city (uni or gradient)
URBAN	20 - 57% low light intensity		Fashion tints for a unique style
URBAN DRIVE ACTIVE	57 - 82% medium light intensity		Fashion and sun medium tints - can be combined with mirrors (uni or gradient) Polarized lenses with Skylet® Technology Functional tints for sports can be combined with mirrors and wrapped lenses
URBAN DRIVE	82 - 92% high light intensity		Sun tints for bright light conditions (uni or gradient) Polarized lenses for glare reduction and safety
ACTIVE	92 - 97% extreme light intensity		Extra dark tints for extreme conditions (e.g. glaciers)

- > NOW: Full UV protection in all clear ZEISS lenses
- > Explore more about sunglasses by ZEISS

My Vision Profile

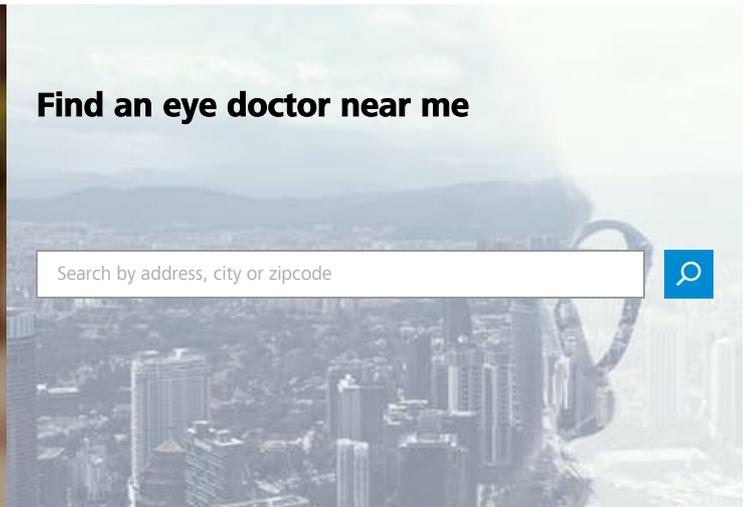
Determine your personal visual habits now and find your individualized lens solution.

Check your Vision Profile now!



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¹ A range of healthcare bodies and studies recommend advanced UV protection up to 400 nm. They include: the World Health Organization (WHO), International Commission on Non-ionizing Radiation Protection (ICNIRP) and Health Physics. (2004): 87(2) 171-186, American Conference of Governmental and Industrial Hygienists (ACGIH), ISO 21348 (definitions of Solar Irradiance Spectral Categories), Australian Sunlens Standard AS/NZS 1067:2003



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