

REAL SIMPLE

| LIFE MADE EASIER |

THIS
MONTH'S
ORGANIZING
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ns, robots, and

3 | Wear shades.

Over time, exposure to ultra-violet (UV) rays can deteriorate vision, leading to cataracts (a clouding of the eyes' lenses); age-related macular degeneration, or AMD (loss of sight in the center of the field of vision); and noncancerous and cancerous growths on the eyes' surface, eyelids, and surrounding skin, according to optometrist Rachel Cohn, the owner of the Wink Eyecare Boutique, in Potomac, Maryland.

The American Optometric Association recommends sunglasses that block at least 99 percent of UVA and UVB radiation and that screen out 75 to 90 percent of visible light. Look for an "ANSI" sticker on the sunglasses, which indicates that they meet these guidelines as proven by the American National Standards Institute. And if you plan to spend a lot of time outdoors, it's a good idea to get sunglasses with lenses that are polarized, which means that they've been treated to reduce glare.

Though a new generation of contact lenses can help deflect some of the sun's harmful rays (such as Acuvue TrueEye, which is popular among dry-eye sufferers), they don't cover the eyelids, "so you'll still want to top off with a pair of sunglasses," says Cohn.

10 ways to keep your eyes sharp

Follow this expert advice so you can see clearly for years to come. (Because hindsight is not always 20/20.)

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