

Choosing the best shades

Most of us buy a new pair (1) fashionable sunglasses each year. To be honest, we probably (2) more thought into looking cool than we do into ensuring that the glasses match our needs.

It seems an obvious thing to say, (3) the main role of sunglasses isn't actually to enhance your image. It is rather to protect your eyes from the potentially harmful rays of the sun. What's (4), price isn't necessarily the best guide (5) the effectiveness of sunglasses. Indeed, expensive designer glasses may not provide the best defense against sun damage. (6) you may still want to choose a pair of sunglasses that look good on you, it's also crucial to check out just how effective they will be in protecting your eyes.

There are three types of light (7) can harm the human eye. They are known (8) ultra-violet light, visible light and infra-red light. If you (9) the choice of sunglasses seriously, then you will want to protect yourself against all three.