

# EyeDream | Information for Children

## What is EyeDream? How Does it Work?

EyeDream uses special contact lenses to correct your vision while you sleep. The lenses are removed in the morning, meaning you can see clearly, without specs or lenses, all day long.

## Why Would EyeDream Be Good for Me?

Here are a few reasons:

### *Stops Short-sight Getting Worse*

If your short-sight worsens you may have to change your spectacles on a regular basis.

If you're worried about your short-sightedness getting worse, then the good news is that EyeDream might help slow it down.

### *Safety First*

EyeDream lenses are very safe, and because you only wear them at home, during the night, mum and dad can have peace of mind.

### *Sports and Activities*

EyeDream means you don't have to wear contact lenses or spectacles during the day, so it's perfect if you get frustrated with specs or lenses when playing sports or doing other activities.

As you are not wearing specs during the day, it's harder to lose them.

### *Good for School*

You're likely to perform better in school if you don't have to wear spectacles.

## Will EyeDream Lenses Hurt?

They take a bit of getting used to, but they won't hurt when you're asleep with your eyes closed.

## Is it Hard to Put Them in and Take Them Out?

It takes a little practice, but you'll be shown how to do it and once you have the hang of it, it's easy.

## Are They Easy to Break? What Happens if I Break One?

They are difficult to break but if you do accidentally break one we'll get you a new one as soon as we can.

## Do I Have to Wear My Lenses Every Night?

Yes, to get the best vision you should wear them every night.

[www.eyedreamlenses.co.uk](http://www.eyedreamlenses.co.uk)

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# EyeDream | Information for Parents

## What is EyeDream? How Does it Work?

EyeDream is a vision therapy that brings a modern approach to a technique known as orthokeratology. EyeDream uses custom made contact lens to gently correct vision during sleep, providing clear, natural vision without the need to wear contact lenses or spectacles during the day.

## Can EyeDream Really Slow the Progression of Short-Sightedness?

Many studies have shown that lenses like EyeDream can reduce the progression of short-sightedness, reducing the likelihood of associated problems in adulthood. The effect is not guaranteed, as results vary for individual children, but it has never been shown to make children more short-sighted. A list and description of these studies can be found at [www.eyedreamlenses.co.uk](http://www.eyedreamlenses.co.uk).

## What are the Other Key Benefits of EyeDream?

All lens wear is done overnight so the lenses aren't worn out of the house, which means less worry about lost lenses, or spectacles! Also, daytime is free of specs and lens wear so your child can take part in all activities and sports without having to worry about their vision. Studies have shown that children may even perform better in school, if they don't have to wear spectacles.

## Are EyeDream Lenses Safe?

EyeDream lenses are CE approved in Europe and FDA approved in the US. In fact the FDA endorsed the lenses for adults and separately for children to ensure that they are safe and effective.

## Do They Need to be Worn Every Night?

Yes, to get the full effect they should be worn every night.

## What Happens When My Child Stops Wearing the Lenses?

Over a few days vision will gradually return to 'normal' (it's original state) and they can go back to spectacles or other contact lenses.

## What Happens if My Child Loses or Breaks a Lens?

Broken lenses are replaced free of charge and we include 2 free replacements, for lost lenses, per year. However, it might be worth thinking about purchasing a spare pair as it does take a few days for replacements to arrive.

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