

# nocturnal

night lenses



**Freedom** from  
glasses, day lenses  
& laser eye surgery

# Dr Euan Speirits

Orthopaedic Surgeon | Downhill Mountain Bike Champion



## WHAT DIFFERENCE HAVE NOCTURNAL LENSES MADE TO YOUR SPORTING LIFE?

“ Nocturnal night lenses genuinely revolutionised my life. It means I can go for a day of competition with zero distraction of dry eye and have a normal life with no need to consider using contacts or wondering whether they will dry out. Recreationally I do a lot of paddleboarding and don't have to worry about the option of seeing underwater ... or falling in and losing my contact lens! They have completely normalised life for me. ”

## ARE THEY HELPFUL TO YOUR WORK LIFE TOO?

“ Very much so. They've allowed me to approach things without the need to consider whether my eyes are dry or will dry out. Especially in surgery in a sterile environment for 3-4 hours, with the operating lights, pressure in the room - it's one less thing to think about. Even if I have a busy overnight and I get them in for a couple of hours, it still keeps my vision at a good enough level not need to wear anything during day. When I'm on shifts it's not difficult to pop in and out for a couple of hours. ”

# HOW DOES THIS LENS WORK?

Since 2003 people have been enjoying corrected eyesight with **NOCTURNAL™**, a Night Lens that uses the process of Orthokeratology to naturally correct your vision while you sleep.

**NOCTURNAL™** contact lenses are only worn when you sleep. They correct your short-sight by gently and harmlessly moulding the outer layer of cells on your eye into your lens while you sleep to create a perfectly shaped eye.

Simply wake and remove and have perfect vision all day, complete freedom without the need for daytime contact lenses or spectacles. Unlike laser surgery it's not permanent, as your eye reforms every night as the outer cells naturally shed while you sleep. Repeat nightly as part of your routine.

No more eye discomfort or dryness, no need to worry about your contacts at the pool, shower or on the sports field ... just great eyesight all day!



# A CUSTOM FIT LENS, UNIQUE TO YOU

Being fitted with **NOCTURNAL**™ contact lenses is very similar to daytime contact lenses. At the assessment your eye care provider uses a corneal topographer to take a scan of the eye which is then used to individually design your contact lenses. Your optometrist will receive your lenses in just a few days, then show you how to use and look after them.

If you have never worn contact lenses before you might be nervous about putting a lens in your eye. Don't worry, everyone feels like this before they try. But patients as young as 5 have worn **NOCTURNAL**™ lenses and learned how to get them in and out.

**TIPS:** If you have long hair, take a hair band to tie your hair off your face. Long fingernails can make it harder to learn contact lens handling so better to be shorter when learning.



# THE FITTING PROCESS & WHAT TO EXPECT

You will visit your eye care provider 4 times: for your **NOCTURNAL™** assessment and to learn lens handling; after the first night of wear; after about a week; and then at around a month of wear. Once your fitting is complete you will need to be reviewed once or twice a year, just like daytime contact lenses.

**NOCTURNAL™** will generally fully correct the vision of people with myopia up to  $-5.00D$ . People with higher amounts of myopia and astigmatism can also use **NOCTURNAL™**, but may need top-up glasses at times when they feel their vision needs it. Some patients experience glare in certain lighting conditions. This can be more noticeable in the first few weeks and usually reduces with wear. In some cases, it may relate to residual prescription or individual eye measurements, such as a larger pupil size.

It is suitable for children and can be fitted as soon as they are considered mature enough for contact lenses. It is also suitable for big kids in their 60s, 70s or even 80s, and any age in between.

You might want **NOCTURNAL™** just to have freedom from daytime contact lenses and spectacles, but they can be beneficial to relieve daytime contact lens discomfort, or to increase your performance at sport. **NOCTURNAL™** has given lots of kids a childhood with 'naturally good vision' and also helped many athletes including professional cyclists and runners.

# COMFORT, CORRECTION & ADJUSTING TO YOUR LENSES

The comfort of a contact lens comes from your eye lid blinking over the edge of the contact lens. Because **NOCTURNAL™** lenses are made of a special gas permeable plastic material you will feel them for the first week or so when your eyes are open and blinking. It can feel like an eyelash or bit of dust is in your eye when you blink. When your eyes are closed you will hardly feel them. So, on the first few nights, try to put the lenses in just before you close your eyes to go to sleep. After about two weeks you will not feel the lenses, even just after you have put them in. You can also see with the lenses in, so if you are up in the night you will be able to see fine.

Most of the correction occurs within the first few nights of wear. After the first night, vision is usually already partly corrected and often clear on waking once the lenses are removed. Initially, vision may reduce slightly as the day goes on, but this improves day by day as treatment stabilises.



Over the following days, vision becomes clearer and more stable for longer periods. After around two weeks of consistent wear, vision should remain corrected and stable throughout the day.

The first pair of lenses fully corrects most wearers. If any adjustments are required, these are usually made after the two-week period, and any changes typically take only a night or two to take effect. Top-up glasses can be used if needed during this time and will not affect treatment.

# MYOPIA CONTROL

(short sight increase in children)

Myopia control describes treatments such as orthokeratology, specialist myopia control contact lenses, and specialist myopia control spectacles that aim to reduce the expected increase in myopia during childhood.

Clinical studies show orthokeratology is one of the more effective myopia control options, with an average reduction in myopia increase of around 50%.

This average is measured across groups of children. Some children show little or no increase, while others may continue to increase at a similar or higher rate than expected.

At present, it is not possible to predict how much myopia control any individual child will achieve. However, reducing the rate of increase is considered beneficial for long-term eye health.



A close-up photograph of a woman with brown hair, wearing a white t-shirt, sleeping peacefully in a bed with white linens. Her eyes are closed, and she has a slight smile on her face. The background is a plain, light-colored wall.

# SAFETY & THE RISK OF INFECTION

All contact lenses carry a higher risk of eye irritation or infection than spectacles. Minor irritation can occur from rubbing the eye during lens insertion or removal, or from dust or debris trapped under the lens. These issues usually settle quickly with appropriate care.

More serious infections of the cornea are uncommon but can occur with any type of contact lens wear. Large clinical studies show that serious corneal infections with orthokeratology lenses are uncommon. On average, around 5 people out of every 10,000 who wear the lenses for a year may develop an infection — a level of risk similar to that seen with daily-wear soft contact lenses when worn correctly.

The most important factors in reducing risk are good hygiene, correct cleaning, and wearing the lenses exactly as advised. Poor lens care and missed cleaning steps increase the risk of infection. For this reason, it is important to always follow the advice given by your eye care provider and attend regular aftercare appointments.

# THE 'PERFECT FIT' END RESULT YOU ARE AFTER

Always remember the three rules of contact lens wear:

✔ **LOOK GOOD**

✔ **SEE GOOD**

✔ **FEEL GOOD**

Your eyes should look good: no blood shot appearance.

Eyes should see good: your vision should be normal, not blurry or hazy.

Your lenses should feel good: normal when you have your lenses in and no discomfort when removed.

If your eyes break any of the rules stop wearing your lenses and see your eye care provider.





### Is everyone suitable for NOCTURNAL™ lenses?

Most people with short-sight up to around -5.00D and low to moderate astigmatism can be corrected with NOCTURNAL™ lenses. Some people with higher or more complex prescriptions may still benefit but may need occasional top-up glasses.

NOCTURNAL™ lenses are contact lenses. This means that if you are suitable for contact lens wear in general, you are likely to be suitable for NOCTURNAL™ lenses. Suitability is confirmed during your assessment.

### Can children wear NOCTURNAL™ lenses?

Yes. NOCTURNAL™ lenses can be fitted for children once they are considered mature enough to handle lenses responsibly. They are commonly used as part of myopia control in children.

### Can adults wear NOCTURNAL™ lenses?

Yes. NOCTURNAL™ lenses are suitable for both adults and children. Many adults choose them for convenience, lifestyle reasons, or because they prefer not to wear lenses or glasses during the day.

### Can I wear NOCTURNAL™ lenses if I find daily soft lenses uncomfortable?

Often, yes. NOCTURNAL™ lenses can be a good option for people who experience discomfort with daytime soft contact lenses, as the lenses are worn overnight rather than during the day. This means your eyes are free from contact lenses while you are awake.

However, significant dry eye can affect comfort with any type of contact lens, and in some cases may limit suitability. Your eye care provider will assess this as part of your consultation.

### What if the lenses don't work for me?

Orthokeratology is fully reversible. If you stop wearing the lenses, your eyes will gradually return to their original prescription.

### Is it safe to sleep in NOCTURNAL™ lenses?

Yes, when worn and cared for correctly. NOCTURNAL™ lenses are specifically designed to be worn during sleep and removed each morning.

Sleeping in contact lenses is often associated with increased risk when lenses are worn continuously for long periods without being removed. With NOCTURNAL™ lenses, the lenses are removed every day, cleaned thoroughly, and the eyes remain free of contact lenses throughout the day. This daily removal and cleaning is an important difference and helps minimise risk.

As with all contact lenses, good hygiene, correct cleaning, and wearing the lenses exactly as advised are essential, along with regular aftercare appointments.

### Can I see if I get up during the night?

Yes. You will be able to see clearly while the lenses are in, so getting up during the night is not a problem.

### Do I have to wear the lenses every night?

Most people wear the lenses every night for the most consistent results. Some people may be able to wear them less frequently once treatment is stable, but this varies between individuals and should be guided by your eye care provider.

### What happens if I miss a night of wear?

Your vision is most stable when the lenses are worn every night. If you miss a night, you will usually still be able to see the next day, but your vision may not last as long and may change later in the day.

### Will my vision wear off during the day?

Once treatment is established, vision is usually stable throughout the day. In the early stages or if a night of wear is missed, some reduction later in the day can occur.

# Benjamin Griffiths (16)

Surfer, gamer, web designer


## WHAT WAS THE FIRST DAY LIKE WITH NOTHING IN YOUR EYES?

“ It was almost surreal, best way to put it. I looked out of the window and my mind was blown! As we drove into school I could read the car numberplates which was awesome. ”

## WOULD YOU EVER CONSIDER DAYTIME LENSES NOW?

“ The idea of having to put lenses into my eyes in the morning and then have to take them out when I go surfing is really odd to me. Right now, I head to the beach and don't worry. I can open my eyes underwater. I don't worry about getting sand in my eye, which I think is a problem people with contact lenses have when they go to the beach. Also, when I go to school, if my lens fell out or got damaged, I wouldn't be able to see for the rest of the day. It doesn't make sense. Night lenses are easy. It does the job overnight when I'm asleep and during the day I have nothing in my eyes. It's brilliant. ”





# nocturnal night lenses

Transforming lives by improving vision

[nocturnalnightslenses.com](http://nocturnalnightslenses.com)

NOCTURNAL™ by Scottlens  
Precision made with Boston materials

