

Going from Lined Bifocals to Progressives

Some invisible bifocals are called "progressives" because these bifocals get progressively stronger as you look further and further down into the lenses.

Near the top of the bifocal the power is weak--a weak bifocal will focus a long way from your eyes--arm's length and beyond. To see your speedometer or prices of items on a shelf, look through the top portion of your bifocal.

Looking down into the middle of your bifocal will cause you to use more power. The more power in the lens, the closer to your eyes it will focus.

To see something at sixteen to twenty inches, or normal reading distance for reading a book, look deep into the bottom of your bifocal where you have maximum power.

To summarize: the closer an object you want to see, the more power you need, so the further down into the bifocal you must look.

Difference between using progressives and lined bifocals:

- Because progressives are a totally new optical system as compared to lined bifocals, you must use totally new chin and eye movements to make them work.
- People wearing progressive lenses work much less, and see more, than people wearing lined bifocals.
- People with progressive lenses move their chins very little--they move their eyes up and down instead.
- Only a little chin movement is needed to see at many different distances from your eyes.
- People with lined bifocals move their chin up and down like chickens going after corn—they must struggle to get their bifocals within sixteen to twenty inches of what they are trying to see which is the only distance within their lined bifocals are meant to focus.
- Nothing in a regular lined bifocal is meant to focus at arm's length.

To switch from lined bifocals to progressives means you must drop one set of habits—moving your chin a lot--to a different set of habits--moving your eyes more and your chin less. Two to three weeks is a normal time period for readjusting from lined bifocals to progressives.