Need to restart
your eyes?

Shamir Relax™

Lenses for the digital age

Sleep
Shut down
Relax

A bit of extra power in the lower lens area

shamir

Shamir Relax™

Available in 3 versions

Relax +0.50
Age 18-29

Relax +0.65
Age 30-39

Relax +0.80
Age 40-45

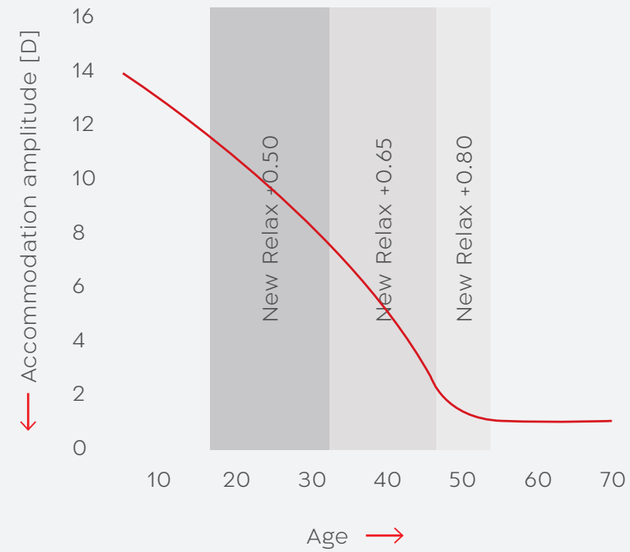
Why choose Shamir Relax?

Shamir Relax is an advanced single vision lens available in 3 versions, providing just the extra bit of power in the lower lens area that eyes need to meet the accommodative challenges of today's use of digital screens. When combined with a Shamir solution for minimising the harmful effects of blue light, it offers comprehensive protection for the digital age and gives your eyes the relief they need.

Age, accommodation and the era of digital screens

With the ever-increasing use of digital screens, whether at work or leisure, our eyes are constantly subjected to the demanding task of repeated close viewing, requiring repeated accommodation. Especially when combinedwith long work hours. This prolonged accommodative effort can lead to tiredness, tearing or dry eyes, headaches, and blurry vision.

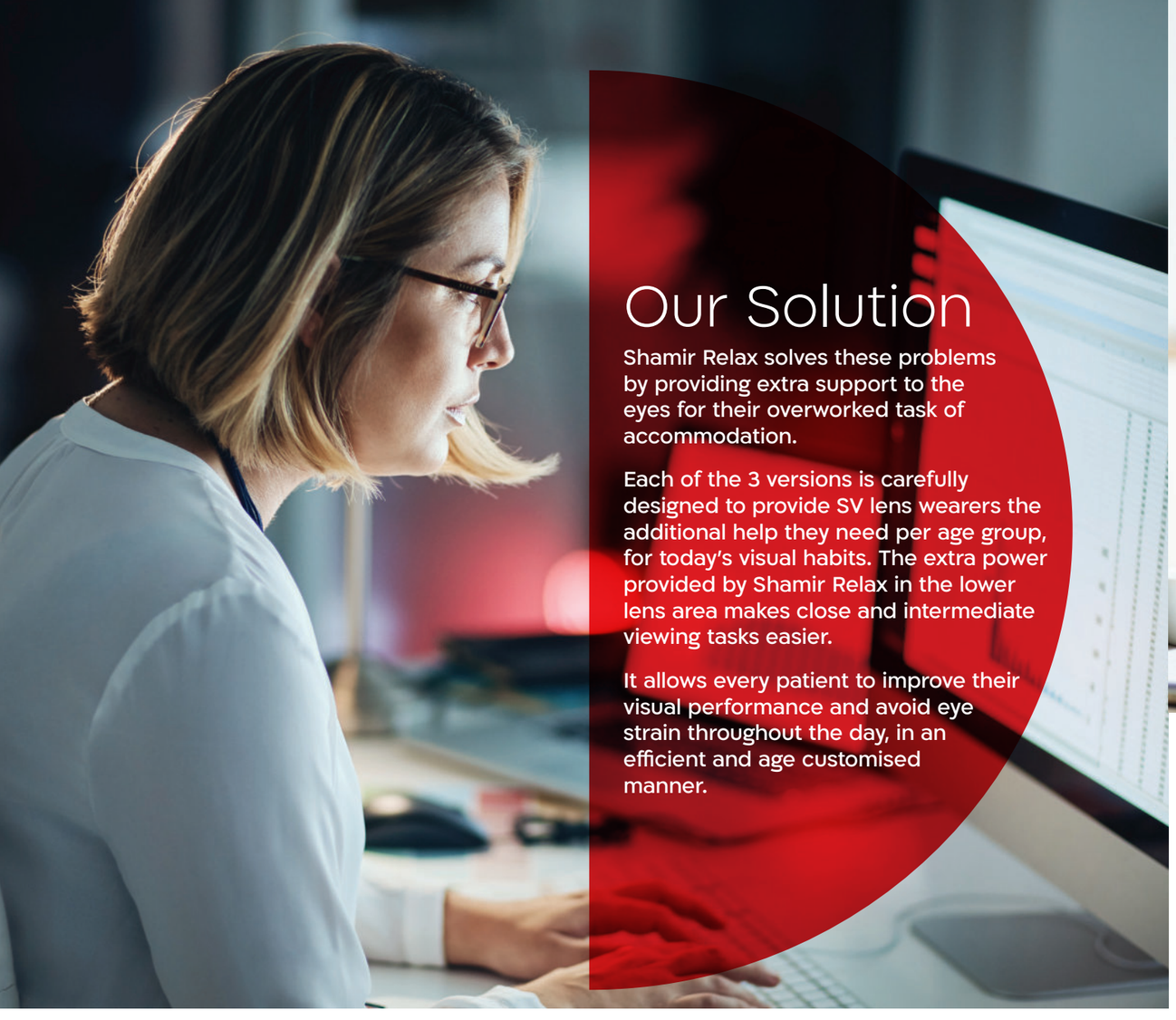
Amplitude of accommodation as a function of age



* Duane's standard curve.
Duane A. Normal values of the accommodation at all ages. JAMA 1912;59:1010-3

The eyes' accommodative response reaches its peak around the age of nine, after which there is a gradual decline. This results in a slower reaction time for the onset of the accommodative response, as well as taking longer to reach the power needed.

The slowdown of this response has a significant impact on one's general efficiency. inaccurate accommodation also becomes more frequent with age. The focus ability of the eyes becomes less accurate and vision less sharp when focusing on items in the close or intermediate zone. That is, the closer the item in the near viewing zone, the greater the loss of visual sharpness.



Our Solution

Shamir Relax solves these problems by providing extra support to the eyes for their overworked task of accommodation.

Each of the 3 versions is carefully designed to provide SV lens wearers the additional help they need per age group, for today's visual habits. The extra power provided by Shamir Relax in the lower lens area makes close and intermediate viewing tasks easier.

It allows every patient to improve their visual performance and avoid eye strain throughout the day, in an efficient and age customised manner.

Shamir Relax™ and Blue Light

It is recommended to combine Shamir Relax with protection from harmful blue light. There is growing awareness today of the potentially harmful effects of the blue light emitted by all manner of digital screens and artificial light.

Shamir Relax™ is available in Shamir Blue Zero™, a lens material with built-in protection from blue light. Based on a unique polymer, Blue Zero™ absorbs HEV, or blue light, with proven effectiveness while maintaining lens clarity.

When to recommend **Shamir Relax™**

18-45 When patients are between the ages of 18 and 45, even if vision correction is not required.

When patients experience eye strain and end-of-day tired eyes.

When patients are frequent users of digital screens.

Always recommend Shamir Relax™ with one of Shamir's solutions for protection from harmful blue light - Blue Zero™ or Glacier Blue Shield™

Availability

Minimum Fitting Height: 16mm | **ADD:** 0.50, 0.65, 0.80

Material	Prescription Range [D]
1.5 Hard resin, Blue Zero™, Transitions® Signature, Style Colors, XTRActive, NuPolar® Polarised	-7.00 to +6.00
1.53 Trivex™, Blue Zero™, Transitions® Signature Trivex™, NuPolar® Polarised Trilogy	-8.00 to +6.00
1.6 Superlite™, Blue Zero™, Tribrid™, Transitions® Signature Superlite™ & Tribrid™, XTRActive Superlite™ & Polarised, Style Colors	-10.00 to +6.00
1.67 Superlite™, Blue Zero™, Transitions® Signature Superlite™, XTRActive Superlite™ & Polarised	-10.00 to +8.00

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