



NOCTURNAL



*Check out  
our instruction  
videos here.*

## Welcome to the #nightlenses revolution!

I'm delighted to present you with your new night lenses, which I hope will transform your life. Night lenses are regarded by many as the most innovative optical device on the market. Each lens is precision-made, cut on our lathe within a 5 micron accuracy (one tenth the thickness of a human hair) to your unique eye shape by our highly skilled team, two of whom check every lens before it leaves the lab.

Scotlens is proud to have been one of the early pioneers of night lenses. We've been making our NOCTURNAL™ night lens for 20 years now. We are a small team dedicated to making exceptional lenses that change lives.

Enjoy ...

A stylized, handwritten signature of the name "Scott" in white ink.

**Scott Brown**

Clinical Director

Scotlens | Custom fit contact lenses



## Contents

What's in this starter box?	3
#nightlenses: Tell us your story	4
The first nights: Do's & Don'ts	5
Tips, Hints, Troubleshooting	18
• I can't get my lenses in!	20
• I can't get my lenses out!	22
• My vision seems odd?	24
• Where did it go!?!	26
• Fresh solution & a clean lens case	28
• FAQ	30
• Tips & Hints	32
HOW TO RECYCLE THIS PRODUCT	34
QUICK STEP REMINDER	36



## What's in your Nocturnal™ Starter Box?

**YOUR EYE CARE PROVIDER will also give you:**

**Contact lens care solution.**  
This should be for 'gas permeable' lenses.

**Insertion drops.**  
To be put in the lens before you put it on your eye.

### **YOUR NOCTURNAL™ NIGHT LENSES**

The Right lens is puRple

The Left lens is bLue

### **CONTACT LENS SUCKER**

In case you drop the lens, it helps gently pick it up. It can also be used for removal.

### **TRAVEL MIRROR**

To help you see what you are doing as you learn to get the lenses in and out.





“

**#nightlenses** changed my life!  
I gave up surfing when I was 12  
because I couldn't see the waves.  
I now surf freely with perfect sight”

**Benjamin, surfer**

## Tell us YOUR STORY

### Have night lenses changed your life?

If so, please share your story to help others who are considering them.

Simply tag your content on any of the social platforms with **#nightlenses** and we'll pick it up and distribute it to everyone.

**#nightlenses**

## THE FIRST NIGHTS

What to do  
What not to do

## NIGHT ONE

Put (white) towel on a clean surface. Place your mirror flat on the towel and get your lens case and solution ready.

Wash and dry your hands. Beware that towel fluff on your fingers can get on to the lens.

Practice holding your eyelids apart. It is always the lids that make it difficult getting the lenses in. Remember to roll your eyelid out of the way, keeping your fingertips near your eyelid edge.

Place your lens on the tip of your middle finger with a drop of solution in it. Bend forwards, look down into the mirror.

Pulling your lids apart, look straight towards the lens placing it on your eye. Count 1,2,3 and then slowly take your finger away and let go of your lids. If the lens is on your cornea, and not the white part of your eye, it will centre properly when you close your eye.

For the first few nights you will feel the edges of the lens when you put them in. When you close your eye you won't feel the lens much. Repeat with the other eye.

Rinse your lens case and leave to air dry. You can close your eyes and go to sleep!

WASH YOUR HANDS THOROUGHLY



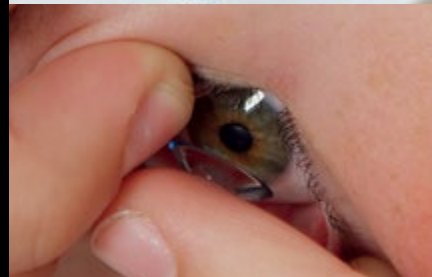
PLACE THE LENS ON YOUR FINGERTIP  
INSERT ONE DROP



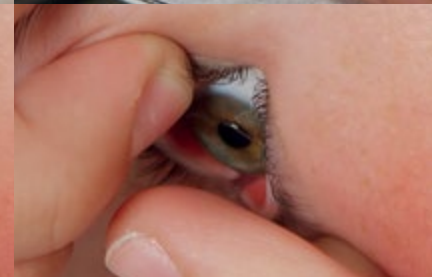
LOOK DOWN ONTO LENS.  
HOLD YOUR LIDS APART.



PLACE THE LENS ON YOUR EYE



COUNT 1,2,3. TAKE YOUR FINGER AWAY.  
CLOSE YOUR EYE. PUT THE OTHER LENS IN...



HAVE AN AMAZING SLEEP!



## NIGHT ONE | TROUBLESHOOTING

It is always your eye lids!!

1. Practice holding your lids before you actually try and put your lens in. Roll your lids out the way with your finger tip. Make sure your fingers and lids are dry.
2. Keep both eyes OPEN. Try and look at something detailed like the print on your solution bottle placed beside the mirror on the counter.
3. SLOW DOWN. Move everything very slowly and deliberately.

If you can't manage don't worry, take your lenses to your review appointment and practice again.

### TOP TIP!

Film a BEFORE & AFTER of your first moment seeing clearly without specs or day lenses!

1. BEFORE: Film yourself looking out the window without glasses / day lenses the day before. Say what you can and can't see. What is blurry?
2. AFTER: In the morning take your lenses out. Start recording. Go to the same window. Open your eyes and say "Nothing in my eyes ..." and say what you can see now.
3. Post to socials to show your friends. Tag with **#nightlenses** so we can see it too. 😊



WATCH our  
night 1 video



## MORNING ONE

- When you wake your eye will feel pretty comfortable – usually a bit sticky.
- Take out your lenses, clean them, put them in your contact lens case.
- Before taking out your lenses
  1. Wash your hands
  2. Fill your CLEAN contact lens case with fresh solution
  3. Put your white towel down to catch the lens if it falls
  4. Make sure the lenses are moving on your eye: usually normal blinking will be enough, however, you may want to insert a wetting drop and nudge the lens with the edge of your lower eyelid

**YOUR VISION:** Do you remember how blurry it was last night? Look out the window. That's the change after just one night.

Your vision today will only be partly corrected, and it will fade off as the day goes on, so carry your glasses as you may need them later.

Don't wear any contact lenses during the day as it will undo some of the night time effect. Each morning it will get better and last longer.

Head for your eye check taking your lenses with you.

WASH YOUR HANDS AND FILL YOUR CASE WITH FRESH SOLUTION



REMOVE BY LID PINCH METHOD



OR WITH THE SUCKER



CLEAN WITH SOLUTION.  
10 SPINS RIGHT, 10 SPINS LEFT.



STORE IN FRESH GP SOLUTION



HAVE AN AMAZING DAY!



## DAY ONE | TROUBLESHOOTING

### Blurry vision

Don't worry, sometimes it takes a few nights to have more effect. Keep going! Your eye check will show whether things are as expected for you. Don't use a sleep mask for the first few weeks as they can affect your vision.

### Dry or gritty eyes

Put some wetting drops in to keep your eye lubricated. Your eye will get used to the lenses over the first few weeks, so it will soon feel great when you put the lenses in and take them out.



WATCH our  
day 1 video

Yes! You will no longer need prescription goggles.





## DAY TWO

You are on your way to getting the vision freedom of night lenses!

- Your vision will get better each morning when you wake up. Today it should be better than yesterday.
- It will still gradually fade off today as the day goes on.
- Your eyes are still adapting. Keep going! You will see improvement every day and the handling will get easier and easier.



No more rain on your glasses!

## DAY THREE

- You are probably now fully corrected when you take the lenses out and well on your way to visual freedom!
- Don't let any bad habits creep in! Keep inserting, removing and cleaning your lenses properly.
- Your vision should last most of the day today.
- Don't worry too much if one eye is better than the other or you are not fully corrected yet. It can take longer with some people, especially if you have a higher or more complicated correction.



WATCH our  
days 2-14 video

## ... TO DAY FOURTEEN

### 20/HAPPY?

You have probably heard of 20/20 being 'perfect' vision. Because your cornea (eye surface) is correcting your vision and not the actual contact lens, there is sometimes a small amount of vision that is not corrected with night lenses. What we are looking for is 20/Happy vision i.e. you're happy with your vision.

During the first 14 days make sure your vision is 20/happy during the day. If it isn't, take notes about why to your next check-up: is it one eye? Or both? Indoors? Outdoors? Looking far? Or near?

- If the first lenses fit perfectly your vision will possibly now be fully corrected like this forever!
- If your lenses are altered, you will need another check after you have worn them.
- Your eyecare professional will advise on lens replacement and check-up appointments.

## TIPS & HINTS

Troubleshooting



# “I can’t get my lens in!”

## These tips might help you:

### 1. SLOW DOWN!

Getting frustrated and tense doesn’t help! Try to relax, take a deep breath. It is **always** your eye lids that are the problem. Make sure your fingers and lids are dry and your fingertips are near your eye lashes. Practice this a few times.

### 3. KEEP DROPPING THE LENS?

Try and keep your hand still and get your eye onto the lens (move your head towards your finger) rather than the lens onto your eye (move your finger towards your eye). You can also place the lens in between two fingers instead of on a fingertip.

### 2. LOOK STRAIGHT

It is common to look up at the moment the lens goes on your eye. Try and look at the lens centre on your finger until it is on your eye, or look at something with your other eye. Also counting to 3 after the lens is on before you let go helps.

### 4. IS IT IN THE RIGHT PLACE?

As long as it is not on the white part of your eye it will go to the right place when your eyes are shut. It might sit off centre (usually low) when your eye is open. Don’t worry, the eye map done at your check-up shows where the lens is behind your closed eye.



WATCH our  
insertion video



# “I can’t get my lens out!”

## These tips might help you:

### 1. USE A DROP OF SOLUTION

Try putting a wetting drop in your eye and then nudge the lens with the edge of your eye lid before you take the lenses out.

### 2. IT IS ALWAYS THE LIDS!

Your eyelids might be stopping you getting them out:

If you are using your LIDS to lift the lens off

- Make sure your fingertips are on the LID EDGE and not rolling the lid edge away from your eye.
- Then push firmly against the white of your eye.
- Slowly move the lower lid against the lens edge.
- The lens will come off when air gets under the lens edge.

If you use a SUCKER to remove your lens

- Make sure your lids are open wide. If they are over the lens they will hold the lens in your eye.
- Wet the sucker with solution.
- Like inserting, COUNT TO 3 with the sucker on the lens.



WATCH our  
removal video



## “My vision seems odd!”

### GLARE

Most people get glare in the first few weeks which will get better over the first 2 months wear. Some are more sensitive if they have bigger pupils. Your eye care professional can adjust the lenses to give the best correction possible. If you have a more complex prescription (e.g. astigmatism) specs can be used to assist if not all vision is corrected by your night lenses.

### NEAR THINGS ARE HARDER TO SEE!

This can be common in the first few weeks. Your eye focusing muscles are used to relaxing up close. Now because your vision is perfectly focused far away, they need to work up close. It may take a few weeks to settle down.

### MY VISION VARIES DAY TO DAY

As long as you sleep for about 5 hours a night, your vision should be stable morning to night, every day the same. Trapping a bubble when putting the lens on can mean a blurry day, so good technique is the key. Sleep masks can also affect night lens wear. If your vision is blurred then try and spot the trend - why you think it is happening - and tell your eye care professional.



YOU MIGHT GET SOME LIGHT GLARE

# “Where did it go!?!”

## Dropped your lens:

### STEP 1: FREEZE!

Step / sit on your lens and you'll break it. Don't do that!

### STEP 2: LOOK SLOWLY

Check every inch of your towel, clothes, vicinity. Look with a torch if possible as the lenses shine in the light. NB they can stick to vertical surfaces, like your face or furniture.

### STEP 3: HOOVER

Attach tights over hoover pipe. Suck. Appears on tights.

\*\* Only deploy the hoover as a last resort\*\*



## Fresh solution & a clean case

“Our beautiful lenses love a clean case”

### CLEAN YOUR LENSES AND YOUR CASE EVERY DAY

Keeping your lenses clean can mean a lifetime of problem free night lens wear! But remember your case needs to be cleaned too. AND the sucker if you use that. Rub them both with cleaning solution and air dry during the night.

“Wearing night lenses should never be painful”

“OUCH! THAT HURTS...”

If it stings immediately once in remove, clean, inspect the lens and re-insert. Usual suspects are: (a) soap if you haven't rinsed your hands properly (b) an eyelash (c) fluff from your towel. If it keeps doing it request a check-up with your eye care practitioner to find out why.

### REMEMBER!

- NEVER use tap water
- ALWAYS wash your hands and rinse well
- ALWAYS use fresh solution daily





## Frequently asked questions

### **WILL MY LENS DISAPPEAR BEHIND MY EYE?**

No, it is biologically impossible. It is on the white of your eye at the top under your lid. Looking down and massaging the crease at the very top of your eye gets it out. Usually, if you can't see or feel it on your eye, it is already out of your eye.

### **WILL MY LENS MOVE IN MY EYE OVERNIGHT?**

Usually not, but some people do funny things during the night. Normal movement when sleeping like eye movement and rubbing won't affect the lens. Sleep masks or sleeping with your pillow pushing on your eye can.

### **HOW LONG UNTIL I'M USED TO THEM?**

As your lenses are custom-fit for your eyes, most people get used to their lenses very quickly (within 2 weeks) if they pop them in and then immediately go to sleep. Within 4 weeks your eye should be so used to them you hardly feel them at all.



## Tips & Hints

### USE A WHITE TOWEL AS “THE CATCHER”

Spread a clean white towel under where you put the lenses in to catch the lens if you drop it. White towels help you find your coloured lenses quickly. NB fluff from towels can get onto your lens. So re-clean before insertion if they drop onto your towel.

### “IS IT IN?” THE PHANTOM LENS MOMENT

Sometimes you think it's in and it isn't. Or you don't think it's in, and it is! Take a second to double check as it saves excessive poking and frustration. Remember, before your vision is corrected on the first few days wear you will be able to see in the distance with the lens in.

### PLUG HOLES & TOILETS EAT LENSES!

Do NOT put your lenses in over the sink / loo as they might go down it. If you must stand over a sink, put the plug in and a towel over it.

### KNEELING, STANDING – FACE UP OR DOWN?

Some find it easier to remove their lenses stood up looking in a mirror. Others kneeling down over a bed or chair. Others like to kneel on the bed face down. Find the way that works for you.





"I'm a surfer, wake boarder and an ex-scuba diver instructor. I want to minimise the impact of being a plastic manufacturer with my love for nature and our seas.

We support surfers against sewage because they are an amazing group who actively 'do', and not just 'talk'. We will donate £1 for every new fit Nocturnal lens (£2 per patient) to Surfers Against Sewage via Work for Good.

**Sadly**, billions of day lenses are now micro-plastics in rivers and oceans having been thrown down sinks and toilets for the past 30+ years. It's pure ignorance. People don't think about the harm of doing this.

With just **2 night** lenses per year to dispose of vs 730+ day lenses, and less air miles as they are made in the UK, night lenses are better for the environment as well as your lifestyle.

Please dispose of your lenses responsibly".

**Scott Brown | Scotlens**

## HOW TO Recycle & Dispose

## HOW TO RECYCLE & DISPOSE OF THIS PRODUCT

### THE BOX

We have created a box robust enough for you to strip out the tray and use it to store your night lenses and bits in. The magnetic close will keep everything together. We hope you will use the box forever.

### SERIOUS ABOUT RECYCLING & A CLEANER PLANET

As a company we are serious about recycling and doing our bit to make a cleaner planet.

We have tried to make as much of this product as recyclable, but please forgive us that, at this moment, sadly we can't make the whole thing recyclable.

As soon as we can, we will.



### WHAT CAN BE RECYCLED?

- **The box** Please cut off the 2 magnetic closure strips and recycle the box and the inner tray
- **Lens wrap** The card wrap around your lenses
- **Booklet** This booklet
- **Lens case**



### WHAT CANNOT BE RECYCLED JUST YET (we're working on it!)

- **Lenses** Store old lenses DRY as emergency spares. Dispose in general waste.
- **Sucker** Same as lenses, keep them clean and they will last a long time. Dispose in general waste.

# NOCTURNAL | 10 Steps to creating your perfect day!

## How to PUT IN

WASH YOUR HANDS THOROUGHLY



PLACE THE LENS ON YOUR FINGERTIP  
INSERT ONE DROP



LOOK DOWN ONTO LENS.  
HOLD YOUR LIDS APART.



PLACE THE LENS ON YOUR EYE



COUNT 1,2,3. TAKE YOUR FINGER AWAY.  
CLOSE YOUR EYE. PUT THE OTHER LENS IN...



HAVE AN AMAZING SLEEP!

## How to take OUT

WASH YOUR HANDS AND FILL YOUR  
CASE WITH FRESH SOLUTION



REMOVE BY LID PINCH METHOD



OR WITH THE SUCKER



CLEAN WITH SOLUTION.  
10 SPINS RIGHT, 10 SPINS LEFT.



STORE IN FRESH GP SOLUTION



HAVE AN AMAZING DAY!



[nocturnal-lens.com](http://nocturnal-lens.com)

Proud to partner Boston materials

