



NOCTURNAL™ by Scotlens



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 vision of people with myopia up to -5.00D. People with higher amounts of myopia and astigmatism can also use **NOCTURNAL™** with top up glasses for the times where they feel their vision needs it. Some patients have some glare with the lenses in certain light conditions. This can be more noticeable in the first few weeks; it does reduce with wear but can also be as a result of residual prescription or eye measurements like large pupil size and may not be able to be improved.

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.

It takes about two weeks for your vision to fully stabilize when you start. But most of the correction happens in the first few days. The first pair of lenses fully corrects most wearers, but if any adjustments are needed, these can be done after the two week period and will only take a night or two to take effect.



After your first night your vision will already be partly corrected, often fully just after you take the lenses out, but it usually fades during the day. You can put on your old spectacles to top up your vision if needed during this time. Your specs might feel a bit strong when you do this, but it won't cause you any harm. Over the next few days it will keep getting better and more stable as the day goes on. After just two weeks your vision will be fully corrected and stable all day long.

MYOPIA CONTROL

(short sight deterioration in children)

Myopia control happens when contact lenses or spectacles reduce the expected amount of myopia that develops during childhood.

Clinical studies show around 50% reduction in the amount of myopia is possible.

This 50% is measured across a group of children. Some halt progressing and others will progress as much or more than expected.

It is not yet possible to know whether myopia control will work for any individual.



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 more risk of eye abrasion or infection than spectacles. The risk of abrasion comes from rubbing your eye with your finger when inserting or removing the lens or trapping an eyelash or dust under the lens. Corneal abrasions cause discomfort but luckily the eye is quick to heal, and they heal fully in a day. Corneal infections can be more serious and bad infections can leave a scar on the cornea which can affect vision. It is important to understand this and make sure you care for and clean your lenses properly.

The risk of corneal infection from ortho-k contact lenses is 7.7/10,000 patient years. This means that in one year, out of 10,000 wearers, 7.7 will get an infection. The vision can be reduced in 10-15% of these infections. Most contact lens wearers will not get an infection during their life-time of wearing contact lenses. But there is a small risk, and you should always maintain good hygiene when handling your contact lenses to minimise that risk. Eye infections are often linked with poor cleaning and lens care. So always follow the advice given from your eye care provider.

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.





Q

CAN I SEE IF I GET UP IN THE NIGHT?

Yes, you will see clearly with the lenses in. Perfect vision whenever your eyes are open!

A

Q

WHAT HAPPENS IF IT DOES NOT WORK FOR ME?

The effects are reversible. Simply stop wearing the lenses and your eyes will return to normal.

A

Q

WHAT IF I FORGET TO WEAR MY LENSES ONE NIGHT?

Your vision will be most stable if you wear the lenses every night. For most people after one night off you will still be able to see the next day, but you may notice your vision changing that evening. Some people only need to wear their lenses every second night.

A

Q

CAN IT WEAR OFF WHEN I AM DRIVING HOME?

Your vision is very stable with Nocturnal™. It will never wear off quickly.

A

Q

IS EVERYONE SUITABLE FOR NOCTURNAL™ ?

Short-sight up to around -6.00D and low astigmatism of around -1.50DC can be corrected fully with Nocturnal. Some people with more complex prescriptions use Nocturnal to get an improvement in their vision without their glasses, so they can do sports like swimming. And still use top up glasses for any residual prescription when needed.

A

Benjamin Griffiths (16)

Surfer, gamer, web designer

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

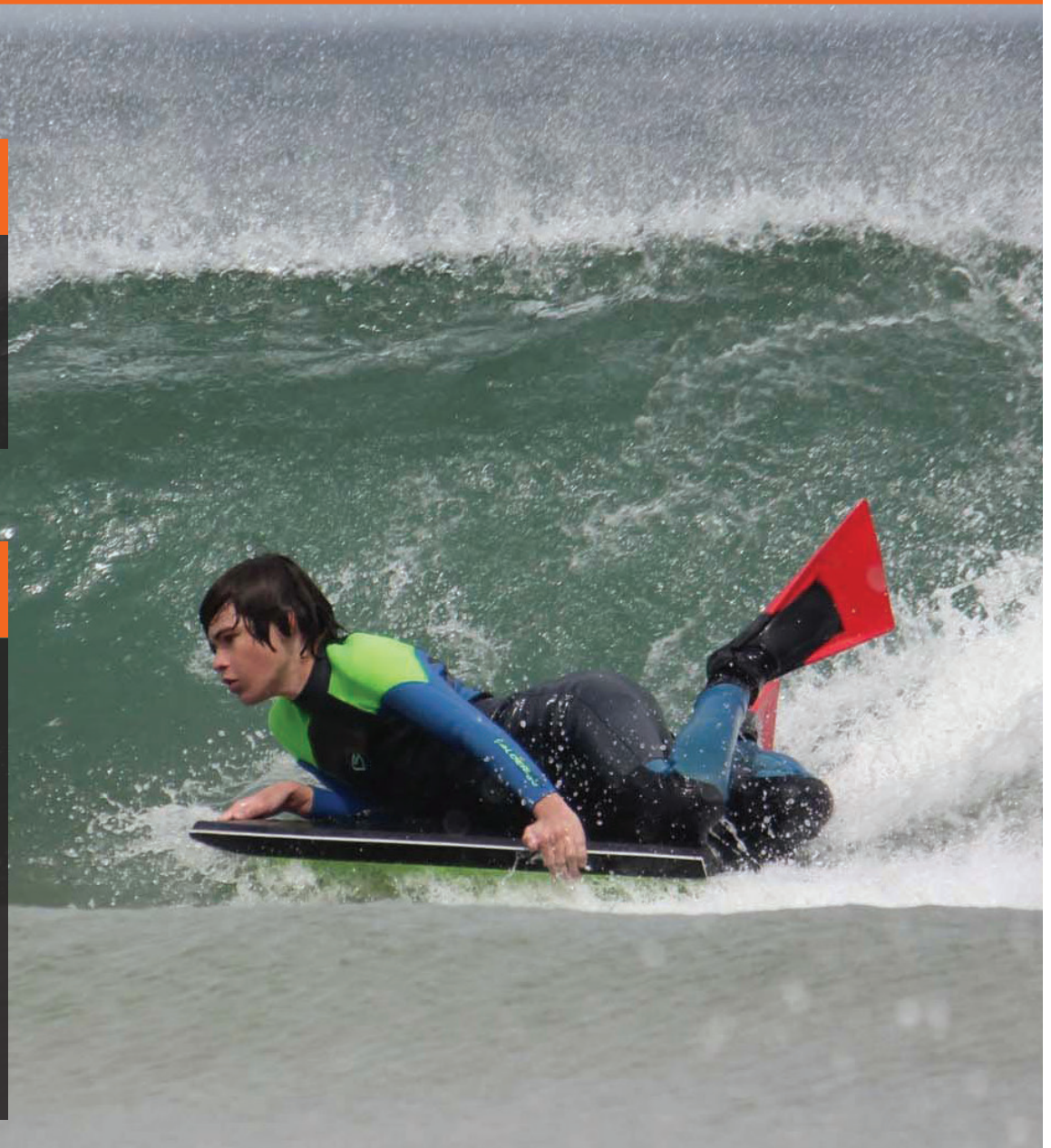
“*It was almost surreal, best way to put it. I looked out of the window and my mind was blown! As we drove into school I could read the car numberplates which was awesome*

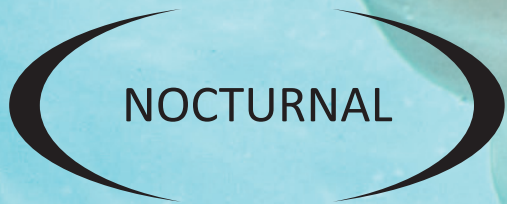
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WOULD YOU EVER CONSIDER DAYTIME LENSES NOW?

“*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.*

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NOCTURNAL

Transforming lives by improving vision

nocturnal-lens.com

NOCTURNAL™ by Scotlens
Precision made with Boston materials

