

“I never try to read in artificial light as I want to preserve my sight.”

For most visually impaired people, good lighting is as essential as a magnifier in order to read as well and as comfortably as possible. An adjustable angle-poise type reading lamp that can be brought close to the book is ideal, and can even be better than daylight as its direction can be easily controlled.

If you try to read or sew longer than is comfortable, or if the lighting is inadequate, you may end up with a headache or make yourself or your eyes feel tired.

You will not however do any harm to your eyes or sight, no matter how much reading, sewing or close work you try to do, with or without a magnifier and however poor the lighting.

If you have only one “good” eye it does not have to work any harder in order to compensate for the other one.

And any prolonged close work you may have done in the past is not the cause of your visual impairment today.