



Migraine & Light Sensitivity Eyewear
ECP FAQ

General FAQ's

How will I know if they're working?

If you're light sensitive, you should experience a reduction in light sensitivity. If you're wearing them consistently and light is a known trigger, you should find that light is not as triggering as it was, if at all, and that the pain and intensification of a migraine attack can be reduced by wearing the glasses. For patients where light is a key trigger, it's possible migraine frequency in addition to intensity will be reduced.

Why shouldn't I just wear Sunglasses?

Sunglass specifications are inconsistent from lens to lens, they are normally too dark to be worn indoors, and therefore can cause chronic dark adaptation. It is not recommended that photophobia patients wear sunglasses indoors. Sunglasses may be a stopgap and can reduce the impact of light but are not meant to target the light that causes the most pain.

Can I wear them full time?

Avulux lenses allow in a fair balance of green light while precisely filtering the most painful light. This balance makes it so that Avulux can be worn indoors comfortably without distorting your color perception. You may wear them continuously.

Why shouldn't I buy cheap blue light glasses online?

Painful light exists in the upper blue (450nm+) range, amber range, and red range. Clear or yellow tinted blue light glasses do not filter the light that's most painful to those most sensitive, nor have they proven to reduce migraine pain nor light sensitivity in a clinical setting.

How are glasses going to help my migraine pain?

Light has been linked to pain in several studies now. By effectively filtering the most painful light, you can prevent light triggered migraine attacks and reduce the potential pain that it can cause you. Light has also been known to increase migraine intensity, preventing the trigger at its source is effectively reducing the pain it could potentially cause. That's why it's important to wear Avulux during any known trigger activities or when exposed to harsh light (computer use, watching TV, phone use, under harsh lighting etc.)

Are Avulux® lenses FL-41?

FL-41 is a blue light blocker that was created in the 1980s-90s for light sensitivity related to fluorescent lighting (FL), mainly to attenuate for the flicker. Since then, new research has surfaced pointing to light in the blue, amber, and red spectrum as painful. Avulux best aligns with the science and precisely absorbs more blue light, amber light, and red light than FL-41 filters without distorting color perception.