



A MINUTE OF HEALTH WITH CDC

Don't Sleep with Lenses

Corneal Infections Associated with Sleeping in Contact Lenses — Six Cases, United States, 2016–2018

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

If used and maintained properly, contact lenses can be a safe, convenient alternative to glasses. But failure to remove and clean them regularly can result in serious health problems. One in three contact lens users sleep or nap without removing their lenses, significantly increasing their risk for eye infections. Such infections may require surgery and can result in permanent damage and vision loss. Lenses should never be worn while sleeping unless prescribed by your doctor. Also, they should be cleaned in an appropriate solution and stored in a clean case. Regular appointments with an eye doctor can detect potential problems and ensure the lenses are providing the necessary vision correction.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit cdc.gov or call 1-800-CDC-INFO.