PORODO
LIFESTYLE



Porodo Lifestyle

ROVEL ANTI-BLUE LIGHT GLASSES

SKU: PDLFST8626BK

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Preface

Thank you for choosing the Porodo Rovel Anti-Blue Light Glasses. Designed for your daily digital life, these lightweight unisex frames combine blue light filtering with UV400 eye protection to help you enjoy clearer, more comfortable viewing across your screens, from morning work sessions to late-night scrolling.



Package Contents

1. Rovel Anti-Blue Light Glasses x1
2. Protective PU Leather Pouch x1

Safety Precautions

Warning:

1. Do not use these glasses as safety eyewear or impact protection.
2. Do not stare directly at the sun or other intense light sources, even while wearing UV-protective lenses.
3. Do not wear the glasses while driving at night, as tinted or filtering lenses may reduce visibility.
4. Keep out of reach of children under 3 years due to small parts that may pose a choking hazard.
5. Stop using the glasses immediately if you experience eye strain, dizziness, headache, or blurred vision.
6. Do not expose the frame or lenses to open flame or high heat, as the plastic materials may deform or ignite.

7. Do not use the glasses if the lenses are cracked, chipped, or the frame is broken, as sharp edges may cause injury.
8. Do not attempt to modify, disassemble, or repair the frame or lenses.

Attention:

1. Clean the lenses only with a soft microfiber cloth and a lens-safe cleaner; avoid abrasive materials or harsh chemicals.
2. Store the glasses in the protective pouch when not in use to prevent scratches and damage.
3. Keep away from heat sources, direct sunlight for prolonged periods, and sharp objects.
4. Avoid placing the glasses lens-down on hard surfaces.
5. Inspect the frame, hinges, and lenses regularly for signs of wear or damage.
6. These glasses are non-prescription (plain 0.00) and are not a substitute for corrective eyewear prescribed by an eye-care professional.



Usage and Care Instructions

1. Wearing the Glasses

Remove the glasses from the PU leather pouch, holding them by the temples rather than the lenses.

Open both temples fully before placing the glasses on your face.

Position the bridge comfortably on your nose and rest the temple tips gently behind your ears.

Adjust your seating and screen distance so the lenses sit squarely in front of your eyes for the best filtering effect.

2. Everyday Use

Wear the glasses during prolonged use of phones, tablets, laptops and other digital screens.

The lenses filter approximately 23% of blue light and provide UV400 protection for daily indoor and light outdoor use.

Take short visual breaks periodically to reduce overall eye fatigue, even while wearing the glasses.

Remove the glasses before sleeping, showering or any strenuous physical activity.

3. Cleaning the Lenses

Rinse the lenses briefly under lukewarm water to remove dust and grit.

Apply a small drop of mild soap and gently wipe both sides of each lens with your fingertips.

Rinse thoroughly and pat dry with a clean microfibre cloth.

Avoid paper tissues, clothing or abrasive cloths, which can scratch the lens coating.

4. Storing the Glasses

When not in use, place the glasses into the included PU leather pouch to protect them from scratches.

Fold the temples closed before inserting the glasses into the pouch.

Store the pouch in a cool, dry place away from direct sunlight and heat sources.

Specifications

Optical Power	Plain (0.00)
Frame Material	TR90
Temple Material	TR90 + CP
Lens Material	PC
Blue Light Filtering	23%
UV Protection	UV400
Lens Size	49 x 40mm
Blue Light Wavelength Range	380 – 500nm
Bridge Width	22mm
Temple Length	145mm
Overall Frame Width	143mm
Frame Weight	28.6g
Model Number	PDLFST8626



Features

1. 23% blue light filtering to help reduce digital eye strain
2. UV400 protection for enhanced everyday eye safety
3. Durable, lightweight TR90 frame for all-day comfort
4. Crystal clear PC lenses with a plain (0.00) optical power
5. Comfortable unisex design suitable for men and women
6. Protective PU leather pouch included to prevent daily scratches

Maintenance Tips

1. Keeping Your Glasses in Top Condition

Always hold the glasses with both hands when putting them on or taking them off to avoid loosening the temples.

Store the glasses inside the PU leather pouch whenever they are not being worn.

Clean the lenses regularly with lukewarm water, mild soap and a microfibre cloth; avoid tissues and clothing which can scratch the coating.

Keep the glasses away from direct heat sources, hot cars, radiators and open flames, which can warp the TR90 frame.

Do not place the glasses lens-down on any surface — always fold the temples and rest them on their side or in the pouch.

Avoid contact with hair sprays, perfumes, cosmetics and household chemicals, as these can damage the lens coating over time.

Check the temple hinges periodically; if they feel loose, have them tightened by a qualified optician rather than adjusting them yourself.

Keep the pouch clean and dry to prevent trapped grit from scratching the lenses during storage.

Frequently Asked Questions

1. Do these glasses have any prescription strength?

No. The lenses have a plain optical power of 0.00 and are designed purely for blue light filtering and UV400 protection, not for vision correction.

2. How much blue light do the lenses actually block?

The lenses filter approximately 23% of blue light within the 380–500nm wavelength range, helping to ease digital eye strain during extended screen use.

3. Can I wear them outdoors as sunglasses?

The lenses are crystal clear and provide UV400 protection, but they are not tinted like sunglasses. They can be worn outdoors for UV

protection, however they will not reduce visible brightness in strong sunlight.

4. Are the frames suitable for both men and women?

Yes. The Rovel features a unisex design with a 143mm overall frame width and 145mm temple length, offering a comfortable everyday fit for most adult face shapes.

5. How should I clean the lenses safely?

Rinse with lukewarm water, apply a drop of mild soap, and gently wipe with a clean microfibre cloth. Avoid abrasive materials, harsh chemicals and alcohol-based cleaners.

6. What is included in the box?

You receive the Rovel Anti-Blue Light Glasses, a protective PU leather pouch to guard against daily scratches, and this user manual.

Troubleshooting

1. Lenses appear smudged or blurry

Likely Cause: Fingerprints, oil, dust or cosmetic residue on the lens surface.

Solution: Rinse the lenses with lukewarm water, apply a drop of mild soap and gently wipe with a clean microfibre cloth, then rinse and pat dry.

2. Small scratches visible on the lenses

Likely Cause: The glasses have been placed lens-down or cleaned with a rough cloth or tissue.

Solution: Always store the glasses inside the included PU leather pouch and clean only with a soft microfibre cloth; deep scratches cannot be polished out.

3. Glasses feel too tight on the head

Likely Cause: The temples may need slight adjustment for your face shape.

Solution: Take the glasses to a qualified optician to have the temples professionally adjusted; do not bend the TR90 frame yourself.

4. Glasses slide down the nose

Likely Cause: Skin oils on the bridge area or a fit that is slightly loose.

Solution: Wipe the bridge area clean, and if the issue persists have an optician adjust the temples for a snugger fit behind the ears.

5. Frame feels warped or uneven

Likely Cause: The glasses have been exposed to heat, such as being left in a hot car or near a radiator.

Solution: Store the glasses away from heat sources; if the frame has warped, consult an optician to attempt a professional reshape.

6. Temple hinges feel loose

Likely Cause: Everyday opening and closing has loosened the hinge screws.

Solution: Have the hinges tightened by a qualified optician using the correct tools rather than attempting the repair at home.

7. Eyes still feel tired after long screen sessions

Likely Cause: Screen distance, poor lighting or lack of visual breaks can still cause fatigue even with blue light filtering.

Solution: Maintain a comfortable screen distance, ensure good ambient lighting and take short breaks periodically to rest your eyes.

8. Lens coating shows spots or streaks that will not wipe off

Likely Cause: Contact with hair spray, perfume, cosmetics or alcohol-based cleaners has damaged the coating.

Solution: Prevent future exposure to such chemicals; damaged coatings cannot be restored and may require lens replacement.

9. PU pouch has become dusty or gritty inside

Likely Cause: Debris has built up inside the pouch and can scratch the lenses during storage.

Solution: Turn the pouch inside out, gently shake or wipe out the dust, and allow it to air-dry fully before using it again.

10. Nose bridge feels uncomfortable after extended wear

Likely Cause: The frame may be sitting slightly high or low on the nose.

Solution: Reposition the glasses so the bridge rests naturally on the nose; if discomfort continues, have an optician review the fit.

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our Porodo website or shop come with a 24-month warranty.

When you buy Porodo products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go

to our website at www.porodo.net/warranty and fill out the form with your information. Don't forget to upload a picture of the product too. After we have checked and accepted your request, we will send you an email to confirm that your product's warranty has been extended.

For more info, please check: www.porodo.net/warranty

Contact Us

Email: **info@porodo.net**

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