

EYE WISE: CONTACT LENSES 101

✓ Sleeping in contacts is risky business

Take out your contact lenses before sleeping, unless your eye doctor specifically tells you otherwise.



Sleeping in any type of contact lenses, even those approved for overnight wear, can more than quadruple the risk of getting a serious eye infection.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

www.cdc.gov/contactlenses

