



Meta / Oculus Quest 2 Prescription Lens Adapter

Why do you need Meta / [Oculus Quest 2 Prescription Lenses](#) with blue light filter? Research shows wearing VR headsets can cause eye strain, eye discomfort, eye fatigue, and blurred vision. The American Academy of Ophthalmology explains that staring for too long at a VR screen can lead to eye strain or fatigue. The Blue light filter decreases the amount of blue light displayed on the screen of the device. Blue light can suppress the production of melatonin (sleep-inducing hormone), so filtering it out can help you sleep better. It will also reduce digital eye strain, so your eyes won't feel so tired by the end of the day.