I need more light in order to read. What does this mean?

June 18, 2019 By Lucinda K. Porter RN

There are a number of potential causes for this. The short answer to your question is that it sounds like a good time for a complete eye exam. What you are describing could be a simple problem that is easily remedied, but only a professional can rule out eye problems that are more serious.

You don’t state your age, but if you are over 40 years old, you may be experiencing common age-related vision changes. As we get older, muscles that control pupil size and reaction to light lose some strength, which affects our ability to focus. Extra light can compensate for this loss. Reading glasses with more magnification can also help.

In addition to making an appointment for an eye exam, you can also protect your eyes by wearing sunglasses during the day. Protection from ultraviolet (UV) rays may decrease your risk of cataracts and macular degeneration. Be sure you use sunglasses that completely block out UVA rays.

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