

Computer glasses: Custom glasses for computer use

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What are computer glasses?

Computer glasses are eyeglasses specifically designed for viewing computers, tablets and smartphones. Computer glasses are intended for close-up tasks only. They should not be worn for driving or general purpose use.

Computer glasses relieve focusing stress from computer use that can cause digital eye strain. Some computer glasses also shield your eyes from blue light emitted by the screens of digital devices.

Why wear computer glasses?

It's common to experience signs and symptoms of digital eye strain when viewing screens for extended periods of time. These include:



- Headaches
- Blurry vision
- Fluctuating vision
- Red eyes
- Dry eyes
- Tired eyes
- Burning eyes
- Double vision
- Eye twitching

Our eyes (and bodies) aren't made for staring at a near object — like a glowing computer screen — for long periods of time. This causes strain and fatigue of the ciliary muscle inside the eye that controls the shape of lens and the focusing power of the eye. It also tires the extraocular muscles surrounding our eyes that control eye position and alignment. The tiring of these muscles leads to discomfort and visual symptoms.

Wearing computer glasses can reduce the risk of eye muscle fatigue and discomfort caused by prolonged screen time.

Some computer glasses also shield your eyes from potentially harmful blue light emitted by digital devices. More research is needed to determine if long-term exposure to blue light from digital devices increases the risk of macular degeneration or other eye problems later in life. But laboratory studies have shown that blue light can damage cells in the retina that are essential for sight.

RELATED READING: What is asthenopia?

How computer glasses work

Basically, computer glasses reduce how much focusing your eyes must do when viewing digital devices. This is comforting for people of all ages. It's particularly helpful if you're over age 40. This is when we begin to experience symptoms of presbyopia — the normal age-related loss of near focusing ability.

Computer glasses should also correct any nearsightedness, farsightedness or astigmatism you have. Research shows that even small amounts of uncorrected refractive errors can cause computer vision problems and reduced productivity.

Computer glasses vs reading glasses

Computer glasses differ from regular eyeglasses or reading glasses in a number of ways.

For greatest comfort, your computer screen and digital devices should be about 20 to 26 inches from your eyes. This is considered the intermediate zone of vision — closer than driving (“distance”) vision, but farther away than reading (“near”) vision.

If you are under age 40 and wear prescription eyeglasses, these glasses will provide clear vision at all viewing distances. But focusing on intermediate and near objects still requires effort by the ciliary muscle in your eye. The longer you stare at your computer and phone screens, the more fatigued this muscle and your eyes become.

If you are beginning to experience presbyopia, bifocals can provide clear distance and near vision. But intermediate vision (needed for computer use and seeing your smartphone) often remains a problem. Progressive lenses and trifocals offer some help for intermediate vision. But they often don't have a large enough intermediate zone for comfortable computer work.

For these reasons, many people try reading glasses for computer use. But these, too, have limitations.

Generally, computer glasses have about 60% the magnifying power of reading glasses. (The optimal magnification depends on how far you prefer to sit from your computer screen and how close you hold your digital devices.)

Store-bought reading glasses are simply magnifying lenses in a frame.

Good computer glasses, on the other hand, do three things:

1. Correct any refractive errors you have
2. Provide the optimum amount of magnification for viewing your digital devices
3. Protect your eyes from blue light

Also, custom computer glasses position the optical center of the lenses directly in front of your pupils when using your devices. This intermediate pupillary distance is not customized in store-bought reading glasses.

And store-bought reading glasses typically provide little or no protection from blue light.

Custom computer glasses provide a wide, clear view of your digital devices, reduce eye strain and protect your eyes from blue light.

Progressive computer lenses have a larger intermediate zone than regular progressive lenses. This provides a wider view of your computer screen. But these lenses have a smaller zone for distance vision and therefore are not recommended for driving.

Bifocal and trifocal computer glasses

Other lenses used for computer glasses include occupational bifocal and trifocal lenses. These multifocal lenses have larger zones for intermediate and near vision than regular bifocals and trifocals. Also, the position of the intermediate and near zones of these glasses can be customized for computer use.

Your optometrist or ophthalmologist can help you decide which lens design will best suit your needs for computer glasses.

Lens coatings and tints

For greatest comfort, the lenses of your computer glasses should include anti-reflective coating. Reflections from the front and back surfaces of eyeglass lenses can cause eye strain. Anti-reflective (AR) coating eliminates these annoying reflections.

A blue light filter is another essential to protect your eyes from potentially harmful high-energy blue light emitted by digital devices. Eyezen lenses are example of high quality lenses with built-in blue light filtration for computer glasses.

Your eye doctor might also recommend adding a mild tint to the lenses of your computer glasses to reduce glare from overhead lighting.

Where to buy computer glasses

Resist the temptation to buy cheap, over-the-counter reading glasses for computer use.

Start by having a comprehensive eye exam to rule out vision problems or update your eyeglasses prescription.

Before scheduling your eye exam, measure how far you like to sit from your computer. Measure from the bridge of your nose to the surface of your computer screen.

Bring this measurement with you to your eye exam. It will help your eye doctor determine the best lens power for your computer glasses.

See Also: Do You Need Computer Glasses?

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12 Pros And Cons Of Blue Light Glasses & Expert Insights! | Work at Home Accessories

As our exposure to devices and screen time increases, so is our concern regarding the effects of blue light on our sleep and our eyes. With multiple blue light protection devices becoming increasingly available, let's explore the pros and cons of blue light glasses and see if they are worth the money!

If you're in a hurry, here is a site I recommended for office equipment with lifetime guarantee!

Below, I have compiled a list of the advantages and disadvantages of using a blue light glasses.

Advantages of blue light glasses

1. May help reduce eyestrain
2. Can minimize retina damage
3. Helps promote normal sleep patterns
4. Helps improve your mood
5. Available on prescription glasses
6. Available in clear and tinted options
7. Offers blue light protection against multiple blue light sources

Disadvantages of blue light glasses

1. Not all anti blue glasses offer adequate protection
2. Need to be fitted by professional for best results
3. Can be expensive to add blue light protection
4. Not suited for people who work with colors
5. People may feel self-conscious wearing tinted glasses

Blue light glasses can be an extremely useful aid to encouraging your sleep, but they are not without their flaws. Continue reading to see if the advantages of blue light glasses outweigh the disadvantages and whether they are appropriate for you!

Blue light is attributed to causing digital eye strain and disrupting your sleep patterns. Source



Advantages of blue light glasses

May help reduce eye strain

Blue light exposure can raise the level of eye strain in people who utilize devices or work in the presence of artificial light which emits blue light.

More and more people are spending considerably large portions of their day working on blue light emitting devices. This has led to an incremental rise in digital eyestrain, also known as computer eyestrain.

Some of the side effects of digital eye strain include:

1. Sore eyes
2. Irritated eyes
3. Dry eyes
4. Headaches
5. Blurry vision

If these symptoms seem familiar, then you could be experiencing digital eye strain.

If you are looking for glasses to protect you from digital eye strain during the day, clear lenses which block blue light at a peak of 455nm are a good choice for most people.

By wearing blue light blocking glasses, it can shield your eyes from exposure to blue light and feel more comfortable to work on a device.

Regardless of whether or not you use blue light protection devices or apps, the best advice to reduce eye strain is to adopt the 20-20-20 approach.

This involves looking at something 20 feet away for 20 seconds every 20 minutes.

The advantages of the 20-20-20 rule include:

1. Reminds you to take a break from staring at your screen
2. Encourages your eyes to refocus
3. Increases the rate at which your eyes blink
4. Reduces the side effects of computer eye strain

Related: [Where Should Light Be When Using A Laptop? + Helpful Tips!](#)

Can minimize retina damage

Research suggests that exposure to blue light can cause macular degeneration which is damage to the retina of the eye.

Studies are currently mixed regarding whether blue light does in fact cause eye damage or not.

Wearing blue light glasses can be considered a preventative step towards guarding your eyes until stronger research becomes available on the effects of blue light.

Recommended product: LED light, flicker-free, dimmable + lifetime warranty

Helps promote normal sleep patterns

There is growing evidence demonstrating that exposure to blue light at night can disrupt your sleep.

The general rule of thumb is to put away devices about 2 hours before bed.

However, did you know that this is because blue light suppresses melatonin production.

Cortisol is a hormone that is responsible for waking us up, whereas melatonin is a hormone responsible for encouraging us to fall asleep.

When we are exposed to blue light, the cortisol hormone is produced, and melatonin production is suppressed.

Consequently, using devices and lights which contains blue light makes it challenging to sleep.

If you are inclined to use your phone or watch TV right up to bedtime, then this may be the culprit to your sleep problems!

Therefore, by wearing blue light blocking glasses while on your device, it blocks the blue light that you are exposed to.

Hence, it's less likely to negatively affect your melatonin production or impact on your sleep pattern.

Tip: If you experience difficulty getting to sleep, evaluate how much time you spend being exposed to blue light before bed, including room lighting and devices.

Helps improve your mood

Blue light glasses are known to improve your mood. This is attributable to the fact that they help to increase the amount of melatonin production in the evening.

This encourages better sleep and thus a better mood by people wearing blue light glasses.

One study on elderly people showed that they experienced increased episodes of depression when they were exposed to blue light at night.

Related: Pros And Cons Of Blue Light Screen Protector – Hidden Truth

Available on prescription glasses

Blue light protection is not always a feature that is recommended by optometrists when you are picking out prescription glasses. You are typically asked about anti-glare and scratch protection coatings when you are ordering glasses.

However, a blue light blocking coating is another addition that can be added to your prescription glasses.

This is rather convenient as it will save you the hassle of having to alternate between your prescription glasses and your blue light blocking glasses.

Blue light glasses purchased from opticians tend to be higher quality than those bought elsewhere.

If you already invested in a recent pair of prescription glasses, all is not lost though!

You can purchase clip-on shades which can be placed over your existing glasses and flipped up or taken off when you don't require them.

Available in clear and tinted options

Many people believe that anti blue light glasses are only available in tinted colors. However, they are now available in a range of shades from clear lenses to yellow and even orange and red colors.

Clear blue light glasses may also make people feel less self-conscious since they will look more like normal glasses and draw fewer questions from people.

Ultimately, the choice of tint that you opt for depends on your personal preference. Some people are likely to find the yellow tint irritating.

A tinted pair of glasses may also be unsuitable for certain professions, particularly if your job or activities involve working with colors.

Secondly, the level of tint that you choose will determine the level of blue light protection that you are offered. Clear lenses offer less protection than strongly tinted glasses.

Offers blue light protection against multiple blue light sources

Unlike blue light protection screens, blue light glasses offer you protection from multiple sources of blue light.

So, whether you're in a room with artificial lighting that emits blue light, you're glancing from one device to another or outdoors, blue light glasses can offer protection from all these blue light sources.

This makes it much more cost-effective than having to invest in an anti-blue light blocker for each device that you own.

Furthermore, if you double up with both the glasses and a blue light protection app or a blue light blocking screen filter, then you'll have even more protection again!

Disadvantages of blue light glasses

Anti blue light glasses can be expensive

Not all anti blue light glasses are costed equally. Some budget blue light glasses can be purchased for as little as \$13.99 and range up to \$129.99+.

On top of that, not all anti blue light screen glasses have the same level of quality or protection.

Some of them can be bought for budget prices whereas others are on the more expensive scale.

Reading their reviews from other customers is important. This will give you an indication of how good the product is and the quality of service from the company.

Related: [14 Pros And Cons Of Artificial Light + Expert Facts](#)

Not all anti blue glasses offer adequate protection

When choosing blue light blocking glasses, it's important to review the spec as well as the range of blue light that it is offering you protection from. Some anti blue light glasses with only offer a limited range of blue light protection.

When searching to purchase blue light blocking glasses pay attention to what wavelength of light is blocked.

1. 380-450nm of light is high energy light which is attributable to retinal metabolism
2. 450-500nm of light is the blue light range that affects the sleep cycle
3. Digital screens peak around 455nm for most devices

High energy short wave blue light between 415 and 455 nm is the most harmful. Source

They may not shield you from the hazardous blue light range, such as the range mentioned above.

This should be a key parameter to look for when choosing blue light protection.

Related: [How To Choose Blue Light Screen Protectors – 10 Easy Steps!](#)

May distort the color of your screen

Some of the cheaper blue light screen glasses are known to distort the color of the screen. This is in an attempt to reduce the blue light emitted and convert it to another color.

Consequently, your view of the screen may be distorted, or it could make it difficult for you to accurately see which colors are on the screen.

If this could pose a problem to you, validate with the company if color distortion is likely to occur.

There are anti blue light glasses that will allow you to see the screen in the normal color without a yellow tint which also offer you protection from blue light.

Related: [How Do Blue Light Screen Protectors Work? + Myths Debunked!](#)

Not all anti blue glasses offer adequate protection

In the previous section, you would have seen the wavelengths of blue light and the potential effects of it at that level. When choosing blue light glasses, each lens is different in the level of protection that it offers.

Extra caution needs to be taken with blue light glasses purchased from sites which are not reputable.

Some well-known blue light glasses companies to opt for include BLUBlox, GUNNAR, Felix Gray and Ocusshield.

Furthermore, if they are low-cost blue light glasses around or under \$30, then these often lack adequate protection.

In fact, they may even advertise them as blocking 80%+ blue light. But this is often not true.

Consequently, it's important to not only choose good quality blue light glasses from a reputable, but also to ensure that they offer the necessary protection.

Need to be fitted by professional for best results

While blue light protection glasses can be purchased off the internet, there's no guarantee that these will be a perfect fit.

Unless you are comfortable measuring the dimensions of your face, it's often better to get the glasses fitted by a professional optician.

This rings true especially if you are investing in prescription glasses which generally cannot be returned after they are bought.

Can be expensive to add blue light protection

If you are purchasing prescription glasses, they may be advertised as being relatively budget-friendly investments. But as you add on different finishes, from anti-glare to anti-scratch, it can get rather expensive.

Add anti-blue coatings to that and you can be talking about hundreds of dollars for a pair of glasses.

Generally, it is rather difficult to add on a blue light coating protection retrospectively.

Therefore, if you have recently purchased prescription glasses, it may be a more feasible option to choose a good quality blue light screen protection filter.

Tip: Blue light glasses which have an anti-reflective coating on the front and back of the lens helps prevent a shadow of your eyeball on the glasses.

Not suited for people who work with colors

Tinted glasses can pose issues for people whose role or activities involve working with colors. If you are looking at distorted colors, it could have severe implications for the task that you are performing.

Imaging a painter picking out paint colors for a wall while wearing tinted glasses. Or an engineer mistaken drain colors on a drawing!

For activities such as these, tinted glasses should not be worn.

However, if this is just a portion of your job, then it's merely a matter of taking off your tinted glasses while that task is being completed.

Alternatively, it may be a safer choice to choose clear colored lenses altogether.

Tip: Lenses that are clear colored are often suited to prevent computer eye strain during the day.

People may feel self-conscious wearing tinted glasses

When choosing blue light glasses, many of them come equipped with a yellow tint. If you are seeking a higher level of protection, this is a sacrifice that you may need to accept.

Yellow tinted glasses can be less attractive to people as they do look rather strange. Furthermore, they may attract stares from people and questions for nosy neighbors.

However, if you're happy to receive the attention, then this might only be an advantage!

Tip: Turn off artificial lighting when it is not required to reduce excess blue light in the area.

Related: [21 Pros And Cons Of Natural Light + Surprising Benefits!](#)

Conclusion

Blue light blocking glasses are one of a multitude of options when it comes to blue light protection. However, like all other types of blue light blocking devices, they come with their strengths and weaknesses.

When choosing blue light protection, they're require some scrutiny to ensure that you choose a quality product which offers adequate blue light shielding.

After all, it is a device to improve your health and sleep.

Do you own blue light blocking glasses or a blue light filtering device? Or would you consider investing?

I was so overwhelmed by how much damage that blue light is cause to my precious eyes that I went looking for a blue light blocking filter. Now I have it on full time!

How computer glasses work to reduce eye strain

You're hunched over your keyboard, staring — and possibly squinting — at your computer screen. You've heard of computer glasses. Would they help you to see the screen more clearly, relieve digital eye strain and filter harmful blue light?

Yes, computer glasses may help to relieve digital eye strain and they can block or filter blue light from your screen too.

What you may not realize is how the glare of blue light is affecting your sight. Exposure to digital screens can cause symptoms like headaches, dry eyes or blurred vision when moderation isn't practiced.

Wearing computer glasses and being mindful of your screen time can reduce symptoms associated with digital eye strain, also known as computer vision syndrome.

What is digital eye strain?

Digital eye strain symptoms include blurred vision, double vision, eye fatigue, dry eyes, irritated eyes, red eyes, eye twitching and headaches.

Digital eye strain can even cause neck and shoulder pain.

How big is the problem?

According to The Vision Council, about 80% of adults report using digital devices for more than two hours per day, and 59% report experiencing symptoms of digital eye strain.

What is the breakdown of digital eye strain symptoms (according to the Vision Council)?

— 35% report experiencing neck and shoulder pain

— 32.4% report experiencing eye strain

— 27.9% report experiencing blurred vision

— 27.7% report experiencing headaches

— 27.2% report experiencing dry eyes

What is blue light?

Our lives are increasingly digital — how did we get by without our smartphones? — but prolonged usage of digital devices increases our exposure to potentially harmful blue light, which can lead to digital eye strain and even trouble sleeping.

Blue light itself can be good or bad for you, much like exposure to the sun's ultraviolet rays. How can you protect yourself from the harmful effects of blue light?

— Don't use your devices before bedtime. Research shows blue light exposure can keep you from getting a good night's sleep.

— Take breaks from your devices. Follow the 20-20-20 rule to reduce your risk of digital eye strain symptoms. The rule? Every 20 minutes, take 20 seconds to look 20 feet away.

— Get blue-light filtering lenses. Computer glasses specifically designed to ease digital eye strain and block harmful blue light can help.

How computer glasses work

Computer glasses have lens treatments that "block or filter out blue light," says optometrist Suzanne Kim of the MEDARVA Low Vision Center in Richmond, Virginia.

"The lenses reduce the amount of blue light entering the eye," making work on digital screens safer and more comfortable to the eyes, she adds.

What to look for in computer glasses

For maximum viewing comfort, the lenses of your computer glasses should include anti-reflective (AR) coating. Sometimes called anti-glare treatment, AR coating eliminates the reflections of light from the front and back surfaces of your lenses that can cause eye strain.

And, of course, blue light filtering is an added benefit.

Do you need a prescription for computer glasses?

"If you do not normally wear glasses and have no prescription, you can purchase 'computer' glasses without an optometrist's prescription," Kim says.

"If you have a glasses prescription (if you're near sighted, far sighted or have astigmatism), then you will need a prescription to have the blue light filter added on to your next pair of glasses," she says.

Do you need computer glasses?

While the American Academy of Ophthalmology (AAO) does not recommend any special eyewear for computer use, Kim says her patients who use computer glasses reported a noticeable reduction in digital eye strain, giving her reason to believe blue-light-blocking lenses help.

Especially before bedtime, computer glasses that filter blue light can make a difference. "I would say computer glasses are similar to the night mode feature on the iPhone," Kim says.

The AAO says digital eye strain symptoms caused by computer use are only temporary and will ease after you stop using (or take a break from) your devices.

Some final tips on how to reduce digital eye strain? Sit up straight at your computer, increase the font size on your screen, and improve the ergonomics of your workstation to reduce your digital eye strain and the pain in your back and neck.

Pros and Cons of Progressive Lenses

Your eyes change as you age. When you reach your 40s, don't be surprised if it becomes difficult to adjust your focus between a book, a website on a computer screen and the conference room whiteboard. Progressive lenses are growing in popularity among people who need help seeing near, far and in-between.

What is a progressive lens?

These eyeglasses have seamless increase in magnification from the top to the bottom of the lens, helping you see clearly at all distances with just one pair of glasses. You look through the top portion of the lens to see far-away objects, the middle to focus on intermediate objects and the bottom to see things close-up. The prescription changes little by little across the lens surface, providing a gentle transition.

This may be especially useful to people who wear single-vision eyeglasses for distance (due to nearsightedness, farsightedness or astigmatism) in addition to reading glasses for near work (due to presbyopia).

Are progressives the same as trifocals?

No. Bifocal and trifocal lenses have two or three different magnification levels, separated by a visible line. Progressives lack these telltale transition lines. In fact, many people prefer progressives because they do away with the old-fashioned lines found on bi- and trifocals.

But the seamless transition is important for another reason: The smooth transition between close-up and far-away viewing avoids the "image jump" that people experience with bifocals or trifocals. This is where objects abruptly change in clarity and apparent position as your eyes move across the prescriptions in the lens.

Computer glasses

People who do a lot of computer work may benefit from computer glasses, a subset of progressives that devote more space on the lens to intermediate distances. Computer glasses have a correction specifically designed for focusing on computer screens, which are usually positioned about 20 to 26 inches away from the face. Computer glasses can help reduce eyestrain and eye fatigue and allow you to more easily switch your focus between whiteboards, printed pages and computer screens.

Drawbacks of progressive lenses

These all-in-one glasses have a learning curve. Without a visible line to guide you, you'll have to train yourself to look out of the correct portion of the lens for the task you're performing. You'll need to train your eyes to look through the top (distance) portion of the lens while walking. If you're walking up stairs and look down through the lower portion of the lens, your feet may appear larger than they are.

Progressive lenses can also cause peripheral distortion when moving your eyes from side to side. During the learning period, you may feel off-balance or even nauseated from looking through the wrong section of the lens.

Cost is also a factor. Progressive lenses are significantly more expensive than single or multi-focal glasses because of the extra time that goes into creating a lens with multiple prescriptions and no lines.

Adjusting to progressive lenses

It might take anywhere between a week to a couple of months to adapt and learn the correct way to look through the lens. To reduce the adjustment time, make sure to have your lenses customized and fitted by a licensed ophthalmologist or optometrist, and wear them as often as possible. Point your nose toward the object you're focusing on and adjust your chin up or down until the object appears clear. If you experience eye strain or headaches, it's okay to take breaks and remove your glasses, but do keep trying.

The Pros and Cons of Using Computer Glasses

If you sit in front of a computer screen for hours daily, you've probably experienced some form of eye strain or fatigue. Computer glasses can alleviate this as they feature magnification power to relieve eye strain while looking at a near object that's about the distance between you and your computer screen.

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