

# Long sightedness (hyperopia)

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 [lookafteryoureyes.org/eye-conditions/long-sight/](https://lookafteryoureyes.org/eye-conditions/long-sight/)

## What is long-sightedness (hyperopia)?

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Normally, light is focussed by the cornea and lens to form a sharp image on the retina. Long-sightedness occurs when the eyeball is slightly too short so that the focus point is behind the retina at the back of the eye. If you are long-sighted, you find it more difficult to see clearly objects that are close to you. For example, words on a page or your phone screen may seem blurred.

## Who is affected by long-sightedness?

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Long-sightedness affects people of all ages.

## What are the symptoms of long-sightedness?

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People who are long-sighted may:

- see distant objects clearly, but nearby objects look blurred or fuzzy
- need to screw up their eyes to see clearly
- have tired eyes or headaches after reading and writing, working on the computer or other close up activities.

Children who are long-sighted may not experience these problems, but you may notice one eye turning inwards (towards their nose) as the child tries to focus. This is called a squint and may be more noticeable when the child is tired or unwell. If this happens they may develop a lazy eye, so you should take them to an optometrist without delay.

## How do you treat long-sightedness?

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Long-sightedness can be corrected by glasses or contact lenses.

Find out more about long-sightedness:



THE COLLEGE OF  
OPTOMETRISTS



## All about your eyes: LONG-SIGHT

Watch Video At: <https://youtu.be/ph4RNUoKusM>

### Also see...

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**Glasses**



**Contact lenses**