

Myo' Sleep

MANAGING MYOPIA

Myopia, also known as short-sightedness, causes the eyeball to grow longer than expected during childhood. It causes far away objects to appear blurred.

As myopia progresses, and the eyeball grows longer, the vision becomes more and more blurred. This also puts your child at a higher risk of developing sight-threatening eye conditions such as retinal detachments and myopic maculopathy.

Myopia control aims to slow down the growth of the eye to minimise these risks and to minimise the need to change glasses and contact lenses as often.

Based on your discussion with your Optometrist, the best option for your child is [ORTHOKERATOLOGY](#).
50% SUCCESS RATE IN SLOWING PROGRESSION OF MYOPIA.

WHAT IS ORTHOKERATOLOGY?

Orthokeratology, or 'Ortho-K', is the use of hard contact lenses to reshape the front surface of your eye while you sleep.

This is known as corneal reshaping which corrects your vision overnight so that you can see clearly throughout the day without glasses or contact lenses. The cornea begins to return to its normal shape by the end of the day.

When starting Ortho-K, full correction can take between one and four weeks and you will be supplied with daily disposable soft contact lenses during this period to see clearly.

Ortho-K is fully reversible, and vision starts to return to being short sighted after one night without wear.

Each Ortho-K lens is individually designed to fit your unique corneal shape and typically last for 18 months. After this time, the lenses start to warp which alters your vision and are prone to breakage.



MYO' SLEEP PACKAGE

Here at Gulf and Ranges Optometrists we aim to simplify the process of myopia control. To assist you we have developed a package tailored to suit your needs.

As part of the Myo' Sleep Package you will receive:

- Custom designing and manufacturing of your Ortho-K lenses.
- Contact lens teaching sessions to learn how to use and care for your lenses.
- Breakage warranty within 180 days.
- One pair of non-prescription sunglasses.
- Six follow up appointments with your optometrist and five scans to track eyeball growth.

WHAT HAPPENS NOW

- Our staff will book an appointment to measure your corneal shape and custom design your Ortho-K lenses. These can take up to one month to be made.
- When your lenses arrive, our staff will contact you make an appointment for your first contact lens fitting. If the fit is correct then you will be taught how to insert, remove, and care for your lenses. If the fit is not perfect, then the lens parameters will be altered and will be remade at no cost to you.
- After the first night of wear you will be reviewed by your optometrist at the following intervals:
 - 1 week
 - 1 month
 - 3 months
 - 6 months
 - 12 months
 - 18 months

WE ENCOURAGE YOU TO DO THE FOLLOWING AT HOME

- Spend a minimum of two hours a day outdoors with sun protection.
- Practice the 20:20:20 rule – after 20 minutes of near work take a break for 20 seconds and look 20 feet (6 meters or further) away.
- Limit screen time at home to less than 2 hours per day.
- If you would like to learn more about Orthokeratology:
 - See Gulf & Ranges Optometrists Contact Lens Wearers Guide – follow hydrogen peroxide cleaning regime.
 - Orthokeratology scientific papers:
- Si, Jun-Kang; Tang, Kai; Bi, Hong-Sheng; Guo, Da-Dong; Guo, Jun-Guo; Wang, Xing-Rong; Orthokeratology for Myopia Control, Optometry and Vision Science: March 2015 - Volume 92 - Issue 3 - p 252-257 doi: 10.1097/OPX.0000000000000505. https://journals.lww.com/optvissci/Fulltext/2015/03000/Orthokeratology_for_Myopia_Control_A.4.aspx
- Sun Y, Xu F, Zhang T, Liu M, Wang D, et al. (2015) Correction: Orthokeratology to Control Myopia Progression: A Meta-Analysis. PLOS ONE 10(6): e0130646. <https://doi.org/10.1371/journal.pone.0130646>
 - Myopia Profile: <https://www.myopiaprofile.com/>
 - My Kids Vision: <https://www.mykidsvision.org/en-us>
 - Myopia Institute: <https://www.myopiainstitute.org/>