

FYTOO FT0301

FYTOO Retro Square Blue Light Blocking Glasses FT0301 Instruction Manual

1. INTRODUCTION

This manual provides essential information for the proper use and care of your FYTOO Retro Square Blue Light Blocking Glasses, Model FT0301. These glasses are designed to mitigate digital eye strain by blocking harmful blue light and providing UV400 protection. Constructed from durable and flexible TR90 material, they offer a comfortable fit for extended wear.



Figure 1: Front view of the FYTOO Retro Square Blue Light Blocking Glasses FT0301.

2. SETUP AND PACKAGE CONTENTS

Upon receiving your FYTOO glasses, please inspect the package contents to ensure all items are present and undamaged. The standard package includes:

- Two (2) Cleaning Cloths
- One (1) Eyeglasses Pouch
- One (1) Brochure

- One (1) PD Ruler
- One (1) Screwdriver



Figure 2: Included accessories with your FYTOO glasses.

3. OPERATING INSTRUCTIONS

These glasses are designed for daily use, particularly when engaging with digital screens or in environments with significant blue light exposure. To use, simply place the glasses on your face, ensuring the nose pads rest comfortably on your nose and the temples extend over your ears.

3.1 Blue Light Blocking Functionality

The lenses are engineered to block approximately 99% of harmful blue light and UV400 radiation. This feature aims to reduce common symptoms associated with prolonged screen time, such as eye fatigue, blurred vision, and headaches. It may also contribute to improved sleep quality by minimizing blue light exposure before bedtime.

	
OTHER LENS ✗ Non-blue lenses ✗ Glasses get tired and dry easily ✗ Headache ✗ It can't protect against UV rays	OUR LENS ✓ Standard anti-blue lenses ✓ Relieve eye fatigue, dry eyes and reduce headache ✓ Get good sleep ✓ Anti-UV400

Figure 3: Visual representation of blue light filtering by FYTOO lenses.

Anti-blue Light Lens

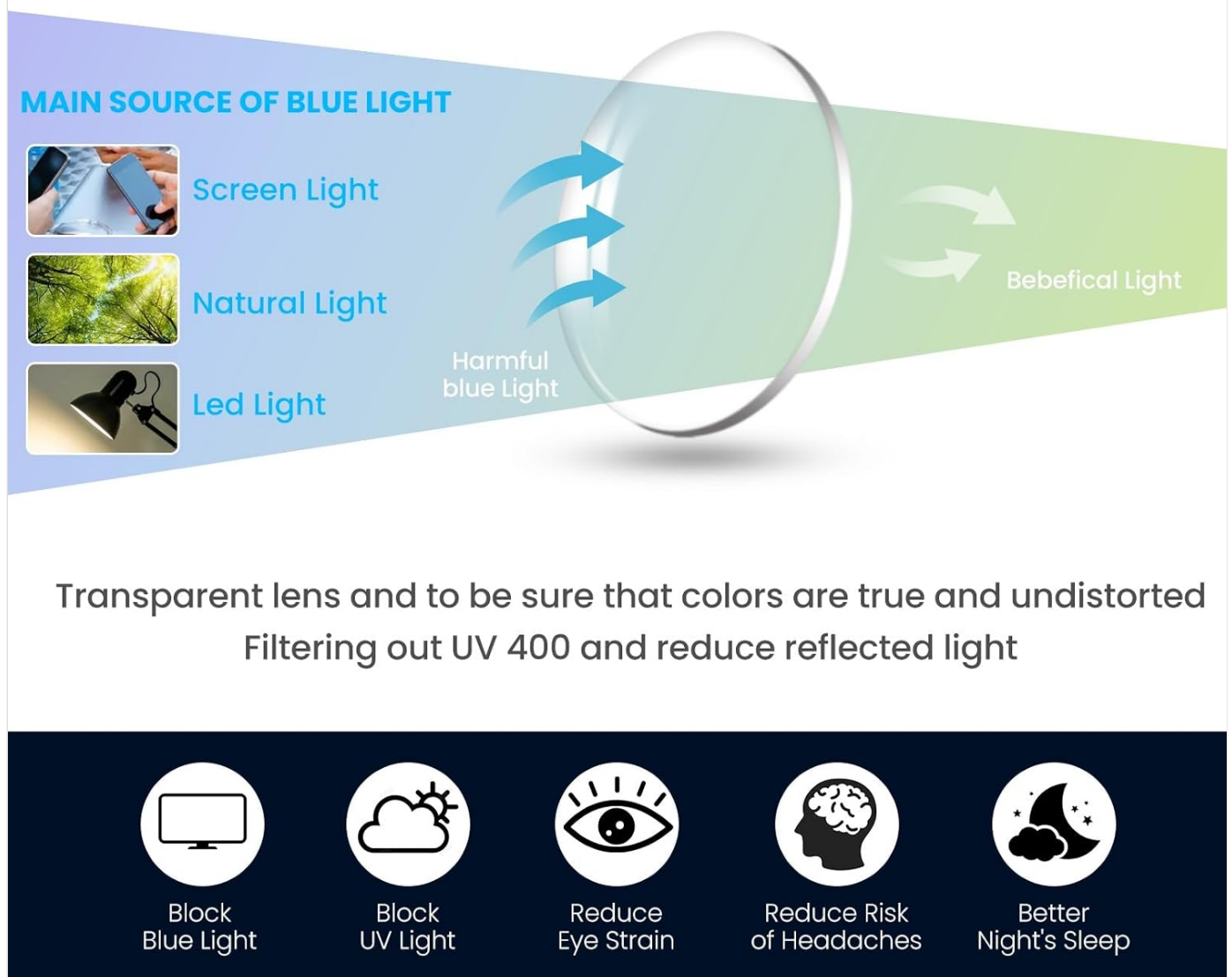


Figure 4: Explanation of the anti-blue light lens technology.

3.2 Product Overview Video

Your browser does not support the video tag.

Video 1: A brief overview of the FYTOO Square Blue Light Blocking Glasses FT0301-01, showcasing its design and features.

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Video 2: Detailed presentation of the FYTOO Blue Light Blocking Glasses for Women and Men, Model FT0301.

4. MAINTENANCE

Proper maintenance will extend the lifespan and effectiveness of your glasses.

4.1 Cleaning

Use the provided cleaning cloth to gently wipe the lenses and frame. For more thorough cleaning, use a mild soap solution and rinse with lukewarm water, then dry with a soft, lint-free cloth. Avoid using harsh chemicals or abrasive materials, as these can damage the lens coatings and frame.

4.2 Storage

When not in use, store your glasses in the provided eyeglasses pouch to protect them from scratches and dust. Avoid leaving them in direct sunlight or extreme temperatures, which can cause material degradation.

5. TROUBLESHOOTING

If you encounter any issues with your FYTOO glasses, consider the following common solutions:

- **Persistent Eye Strain:** Ensure you are wearing the glasses consistently during screen time. Take regular breaks from digital devices (e.g., 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds).
- **Discomfort or Improper Fit:** The TR90 frame is designed for flexibility. If the fit feels off, gently adjust the temples. For significant discomfort, consult an optician. The included screwdriver can be used for minor hinge adjustments if needed.
- **Blurred Vision:** Ensure lenses are clean. If blurring persists, consult an eye care professional, as the glasses are not corrective lenses.

6. SPECIFICATIONS

Feature	Detail
Model	FT0301
Frame Material	TR90
Lens Protection	99% Blue Light Blocking, UV400
Frame Width	138mm (5.43in)
Lens Width	53mm (2.09in)
Lens Height	45mm (1.77in)
Bridge Width	22mm (0.87in)
Temple Length	141mm (5.55in)
Pupillary Distance (PD) Range	60-78mm (2.36-3.07in)



Age	45-49	50-54	55-59	60-64	65-70	70-75	Over 75 years
The Degree	1.0X	1.5X	2.0X	2.5X	3.0X	3.5X	4.0X

According to the size chart we provided, please make sure you choose the size that fits you the best for optimal comfort and experience.

Note: The size is manual measurement, there may be 0 to 1 mm error, is a normal phenomenon.

Figure 5: Detailed dimensions of the glasses.

7. WARRANTY AND SUPPORT

FYTOO offers a satisfaction guarantee. If you have any questions or require assistance with your product, please contact FYTOO customer support. Solutions will be provided to ensure your satisfaction.

For further inquiries, please refer to the contact information provided with your purchase or visit the official FYTOO brand store online.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question