
Supporting narrated video (NV) demonstrations, high-speed video (HSV) clips, technical proofs (TP), and all past articles are available online at billiards.colostate.edu. Reference numbers used in the articles help you locate the resources on the website.

Do you wear glasses when playing pool, like me? If so, do you have your head in an uncomfortable position to get the view you want through your glasses? Do you need to move your head to focus on both the cue ball (CB) and object ball (OB)? Do you sometimes look over the top of the lenses? Do you raise your eyebrows and wrinkle your forehead to force your glasses higher? Do you look through the top parts of the lenses where the focus might not be perfect? Or do you find the top rims and blurred vision above the lenses distracting, especially when focusing on the OB? If any of things apply to you, you're in the right place. In a recent online video ([NV J.83](#)), I demonstrated how to use eyeglasses more effectively when playing pool. In this article, I'll summarize the important advice from the video.

First, there are options you might consider if eyeglasses give you trouble. You can purchase specially designed billiard or snooker glasses with tall lenses and no top rim (see **Image 1**). They look a little goofy, but they are very effective because it is almost impossible to look over the top of the lenses. I, for one, am not willing to make such a fashion statement. And I also don't want to purchase, carry, and care for an extra pair of glasses if I don't need to.



Image 1 Billiard Glasses

Other options include getting LASIK surgery to correct your vision, wearing contact lenses, or having your existing eyeglasses adjusted to make them more effective at the pool table. LASIK surgery is a popular choice, but it is expensive and comes with slight risks. Also, as your eyes change with age, your vision will need to be corrected again in the future. Contact lenses are also commonly used for pool. I never liked the inconvenience and discomfort of contacts, especially being in Colorado where the air is very dry. And because I have astigmatism, the contacts prescription can't be quite as good as my eyeglasses prescription. And to me, when playing pool, I want my vision to be as good as possible.

Adjusting the nose pads and temples of existing or new glasses can dramatically improve their effectiveness for playing pool. The goal of the adjustments is to have the glasses sit closer to your face with the upper rims beneath or touching your eyebrows so it is impossible to look over the tops of the lenses (see **Image 2**). My nose pads have been bent down and forward to allow the glasses to sit higher on my nose and

closer to my face (see **Image 3**). And the temples have been bent so they fit snugly behind the ears to hold the glasses in place. You can do the adjustments yourself, but it is much easier to have the technician at your optometrist office help.

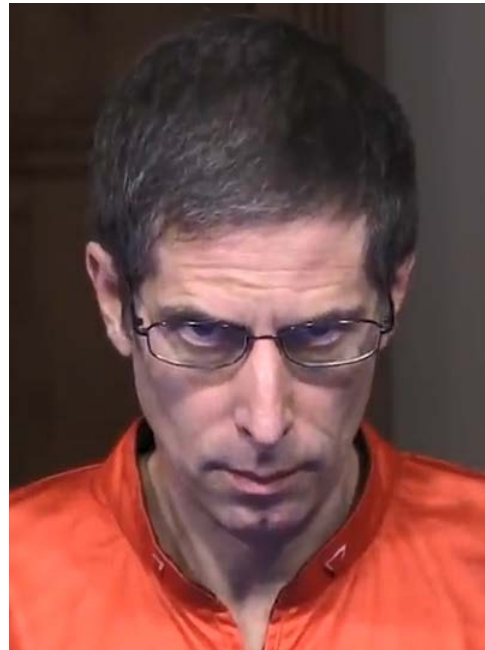


Image 2 Adjusted Glasses

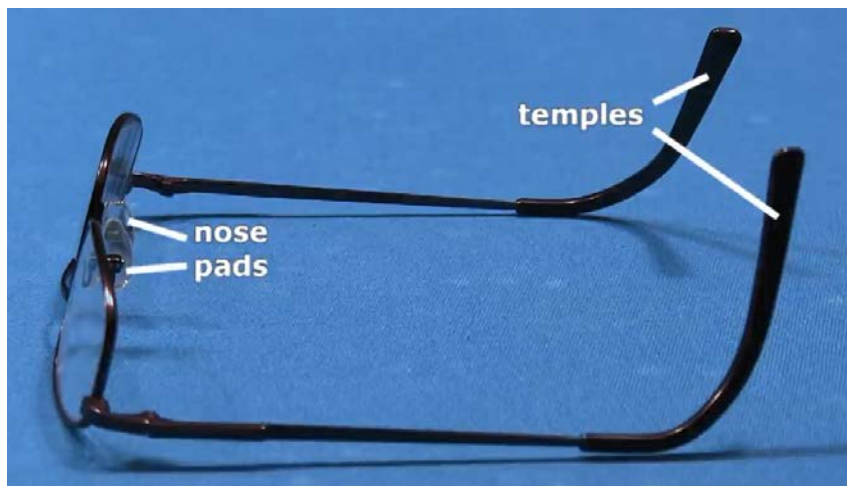


Image 3 Nose pads and temples

As demonstrated in online video [NV J.83](#), when I put my glasses on for pool, I lift them up, pull them toward my face and tuck the temples snugly behind my ears. It also helps to have a low stance. With a high stance, with the head well above the cue, it is difficult to focus on both the CB and OB without moving your head, especially if the glasses aren't adjusted properly. But with a low stance, it is easy to move the eye gaze between the CB and OB with no head motion and with good focus on both (see **Image 3**). If you want help finding a comfortable low-stance position, see the videos and info on the [stance advice resource page](#) linked in the video description.



Image 3 Low Stance

When ordering new glasses for pool, single-vision lenses will usually be the best choice. Some people can benefit from bifocals or progressive to help them focus clearly on both the CB and OB, but most people just need distance correction to play pool. You can have your optometrist fine tune your prescription to focus on the typical distance range of pool shots (3-9 feet). Some people might prefer a monovision prescription, where one eye is focused for close-up viewing (e.g., the CB) and the other is focused for longer distance (e.g., the OB target), but this choice is not right for everybody, and it can cause [vision center](#) alignment issues since the monovision “vision center” head position can change with shot distance.

I hope the advice in this video helps you make better use of your eyeglasses when playing pool. If you want to learn more, see the information and links on the [pool eyeglasses resource page](#) linked in the video description.

Good luck with your game,
Dr. Dave



NV J.83 – Making Eyeglasses Pool Friendly

PS:

- I know other authors and I tend to use lots of terminology, and I know not all readers are totally familiar with these terms. If you ever come across a word or phrase you do not fully understand, please refer to the [online glossary](#) at billiards.colostate.edu.

Dr. Dave is a PBI A Advanced Instructor, Dean of the Billiard University, and author of the book: [The Illustrated Principles of Pool and Billiards](#) and numerous instructional DVD series, all available at: DrDaveBilliards.com.