

Why Vision Can Change from Day to Day



Some days your vision may feel reasonably clear, and on other days it may be more difficult to read, recognise faces or move around confidently. This can be worrying, but day-to-day changes in vision do not always mean that an eye condition is getting worse.

Many different factors can affect how clearly we see from one day to another. Understanding these can help you feel more in control.

A BETTER DAY

Things look clearer and brighter.



A MORE DIFFICULT DAY

The same scene may look duller or less clear.



WHY CAN VISION CHANGE?

Several common factors can cause day-to-day changes in vision.

Lighting



Vision often feels worse in dim light, glare or strong sunlight. Someone with reduced vision may notice a much bigger difference than a person with normal sight.

Fatigue



When the eyes and brain are tired, it can be harder to focus and process what you see. Vision may feel less clear, particularly after prolonged reading, using a phone or computer, or doing visually demanding tasks. People with reduced vision may notice this more strongly.

Taking regular breaks, changing focus to something farther away, and getting enough rest can help.

Dry eyes



A healthy tear film keeps the surface of the eye smooth and clear. When the eyes become dry, vision can be blurred or fluctuate, sometimes clearing briefly after blinking.

Dry eyes may also cause burning, irritation, a gritty feeling or excessive watering. They can be worse with prolonged screen use, air conditioning, heating or windy conditions.

Regular blinking and prescribed lubricating eye drops may help.

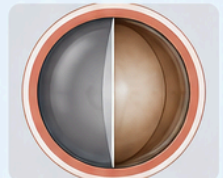
Blood sugar changes



For people with diabetes, changes in blood glucose levels can temporarily affect the way the eye focuses light. This can cause vision to become blurred or change from one day to another.

These changes do not necessarily mean that permanent damage has occurred, but persistent or significant changes should be discussed with an eye-care professional.

Cataract and other eye conditions



Conditions such as cataract can make vision particularly sensitive to lighting and glare.

Other eye diseases, such as macular degeneration or glaucoma, may also cause fluctuations depending on the condition and its treatment.



WHAT CAN HELP?



Notice when the changes happen

Is your vision worse in the morning, later in the day, in bright light, when reading or when you are tired?



Improve your environment

Use good lighting and reduce glare where possible.



Take regular breaks

When reading or using a phone or computer, rest your eyes and look at something farther away.



Blink regularly and use eye drops

This can help if your eyes feel dry or irritated.



Look after your general health

Keep blood sugar levels well controlled if you have diabetes, and get enough rest.



If changes are persistent or affecting daily activities

Arrange an eye examination.



WHEN SHOULD IT BE URGENT?

A sudden or significant change in vision should not simply be blamed on tiredness.

Seek urgent medical attention if you experience:

- A sudden loss of vision
- A new curtain or shadow over part of your vision
- A sudden increase in flashes or floaters
- Severe eye pain
- Sudden double vision



KEY MESSAGE



Vision can fluctuate for many reasons, but a new or significant change deserves attention.

Knowing what is normal for you – and recognising when something is different – can help protect your sight and maintain confidence.



CROYDON VISION

Supporting better sight for all



Coming Next in the Series

Part 10: Understanding Eye Pressure – What Does It Really Mean?

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09/09/2026