

# Contact Lens Wearing Schedules

Manufacturer	Lens	Wearing Schedule	May I Sleep in Them?	Replace Every	Dk Value (*)
Alcon	Air Optix plus Hydraglyde	Daily wear; remove nightly or extended wear for six nights and seven days	No if nightly Yes if six nights/seven days	30 Days if nightly Weekly if extended	110
Alcon	Air Optix Focus Dailies	One day – throw away	No	Day	26
Alcon	Aqua Comfort Dailies	One day – throw away	No	Day	26
Alcon	Dailies Total 1	One day – throw away	No	Day	140
Alcon	Dailies Total 1 for Astigmatism	One day – throw away	No	Day	140
Alcon	Air Optix Astigmatism	Daily wear or extended wear up to 6 nights	Yes – if wearing as extended	30 Days	110
Alcon	Air Optix Night & Day	30-day continuous wear	Yes	30 Days	140
Alcon	Air Optix w/HG MFs	Daily wear or extended wear up to 6 nights	Yes – if wearing as extended	30 Days	110
Alcon	Precision Dailies	One day – throw away	No	Day	90
Alcon	Air Optix Colors	Daily wear; remove nightly	No	30 Days	110
Alcon	Freshlook Dimensions (***)	Daily wear; remove nightly	No	2 Weeks	16
Alcon	Freshlook Color Blend (***)	Daily wear; remove nightly	No	2 Weeks	16
Alcon	Focus Dailies	One day – throw away	No	Day	26
Alcon	Precision 1/Astig.	One day – throw away	No	Day	90
Alcon	Precision 1/Presby.	One day – throw away	No	Day	90
Alcon	Total 30/Astig.	Daily Wear	No	30 Days	123
Alcon	Precision7	One week lenses designed for continuous wear for six nights and seven days	Yes	1 Week	119

Bausch and Lomb	Bio-True 1-Day Astig/Presbyopia	One day – throw away	No	Day	42
Bausch and Lomb	Eureka	One day – throw away	No	Day	42
Bausch and Lomb	Infuse/Infuse Asti.	One day – throw away	No	Day	107
Bausch and Lomb	Optima 38	Daily wear	No	30 Days	8.5
Bausch and Lomb	PureVision 2 (All)	Extended wear	Yes	30 days	91
Bausch and Lomb	Ultra Monthly	Daily wear or extended wear up to 6 nights	Yes - If wearing as E.W.	30 Days	114
Bausch and Lomb	Ultra One Day	One day – throw away	No	Day	134
Bausch and Lomb	Ultra Multi/Astig.	Daily wear or extended wear up to 6 nights	Yes – if wearing as E.W.	30 Days	114
Clerio	H2OExtreme Daily	Daily wear; remove nightly	No	30 Days	21
Clerio	H2O Extreme Monthly	Daily wear; or extended wear up to 6 nights	Yes – if wearing as extended	30 Days	21
Clerio	H2O Extreme 54%	Daily wear; or extended wear up to 6 nights	Yes – if wearing as extended	30 Days	21
Clerio	H2O Extreme 54% Toric	One day – throw away	No	Day	21
Clerio	H2O 59% XTRA	One day – throw away	No	Day	21
CooperVision	MyDay 1-Day	One day – throw away	No	Day	80
CooperVision	MyDay Energys Multifocal/Toric	One day – throw away	No	Day	80
CooperVision	MyDay Toric MultiF	One day – throw away	No	Day	80
CooperVision	Avaira Vitality/Toric	Daily wear	No	2 Weeks	90
CooperVision	Biofinity (All)	Extended wear up to 6 nights	Yes	30 Days	128
CooperVision	Clariti (All)	One day – throw away	No	Day	60
CooperVision	MiSight (**)	Myopia management – 1 Day-throw away	No	Day	27
CooperVision	ProClear (All)	Daily wear	No	30 days	21
Johnson & Johnson	Acuvue 1-Day Define	One day – throw away	No	Day	21

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 (All information subject to change. Always check with manufacturers for latest guidelines.)

Johnson & Johnson	Acuvue 1-Day Moist (Also Astigmatism)	One day – throw away	No	Day	21
Johnson & Johnson	Acuvue 2	1 week extended wear; 2 weeks daily wear	Yes – if wearing as extended	2 Weeks if DW 1 Week if EW	28
Johnson & Johnson	Acuvue Oasys (All)	Daily wear; or extended wear up to 6 nights	Yes – if wearing as extended	2 Weeks	103
Johnson & Johnson	Acuvue Oasys for Astigmatism	Daily wear; or extended wear up to 6 nights	Yes – if wearing as extended	2 Weeks	103
Johnson & Johnson	Acuvue Oasys Multifocals	Daily wear; or extended wear up to 6 nights	Yes – if wearing as extended	2 Weeks	103
Johnson & Johnson	Acuvue Oasys Transitions (****)	Daily wear; up to two weeks	No	2 weeks	103
Johnson & Johnson	Acuvue Oasys 1-Day	One day – throw away	No	Day	103
Johnson & Johnson	Acuvue Vita	Daily wear; remove nightly; replace monthly	No	30 Days	103
Johnson & Johnson	Acuvue Vita for Astigmatism	Daily wear; remove nightly; replace monthly	No	30 Days	103
Johnson & Johnson	Acuvue Oasys Max 1-Day	One day – throw away	No	Day	121
Johnson & Johnson	Acuvue Oasys Max 1-Day Multifocal	One day – throw away	No	Day	121
Johnson & Johnson	Acuvue Oasys Max 1-Day Multifocal for Astigmatism	One day – throw away	No	Day	121

(Updated February 2026) – All information subject to change. Regardless of manufacturer's guidelines, always follow your doctor's recommended wearing schedule.

- (\*) Dk measures a contact lens material's inherent ability to allow oxygen to pass through it, while Dk/t measures the actual amount of oxygen that can reach your eye through a specific contact lens by incorporating the thickness into the calculation. Therefore, Dk is a material property, whereas Dk/t is a property of a specific lens and is a more accurate measure of how much oxygen is delivered to the cornea during wear.
- (\*\*) Recommended only for children 8-12 years old for myopia control.
- (\*\*\*) Alcon's FreshLook ColorBlends and Dimensions (while still available in some markets) have been largely phased out in favor of Air Optix Colors. As of January 2026, distribution is limited at best.
- (\*\*\*\*) Discontinued by J&J in June 2024. Still available from some distributors.