IRLEN SYNDROME FOUNDATION

COLOT IS in. When You Have IRLEN SYNDROME

What is Irlen Syndrome?

Technically:

The brain is unable to process certain wavelengths of light

In normal language: It's like the brain is allergic to certain kinds of light



So What Happens?

Bright lights (like sunlight and fluorescent lights) can...

- Hurt your eyes
- Give you a headache
- Give you a stomach ache
- Make the words move when you're trying to read
- Make you feel jittery or anxious
- Make the words on the page hard to look at
- Make you blink or squint or rub your eyes
- Make it hard to concentrate
- And much more...

A few quick facts

- Anyone can have Irlen Syndrome, not just people who have trouble reading
- It runs in families (your mom or dad gave it to you!)
- You can also get it after having a concussion or head injury
- Different people have different symptoms (I might get headaches when I read, and you might see words move on the page)
- It's not a problem with your eyes it's a brain thing!

What do people see?

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A few examples...

BY ANDREW L SOSTEN ND KICHARD L WYATT

As any pierent, grandparent, or holy-enter knows, some babies are adaptable, placid, and regular in their bakins, while others are diffi-cult and unpredictable. Differences in temperaturent down on the in temperament show up from the first day of life: some inlants sleep very little, athens sleep a lat, some in an highly sensitive and cranky. to are further sensetive and cramby, one are quint and antesponsive, ince needences have not been ex-ind to the world for long, cervirou-tul fances beynard the womb can unit for such differences ment. Bather, the differan oringenament. Ramer, the alleg-ences much be langely a seasift of go-neoir influences. Test there have been how, if any, attempts to selate differ-ent bindegized exclusionents at birth as" Bullautan.

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sives had lower-than-normal nts of MAO in their blood. In a study of normal adults, Monte um and his associates uncovered an association between low MAO and a variety of distinctive personality traits, including gregarious ness, a tendency to drink and experi-ment with drugs, an active, varied sex life, and a preference for activi-ties such as motorcyle riding. Was MAD present in the blowl of infants in the sume relative amounts.



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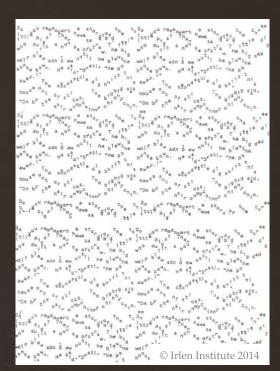
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What do people see?

A few more examples...

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Star Wars

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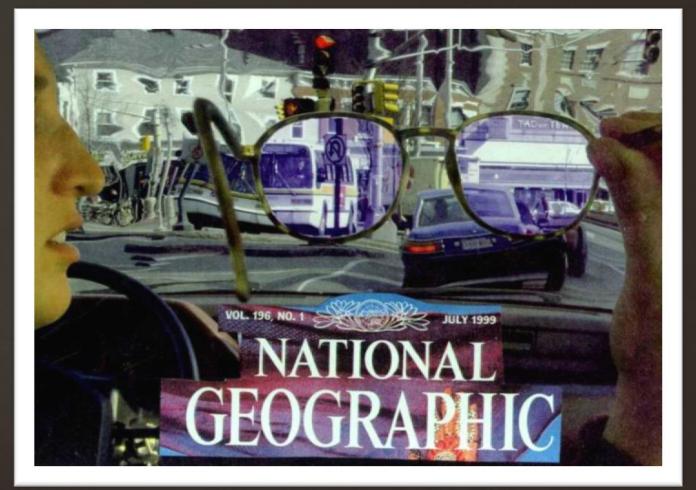
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Washout

And there are lots more!

What else happens?

Some people see distortions in their environment



What can you do about it?

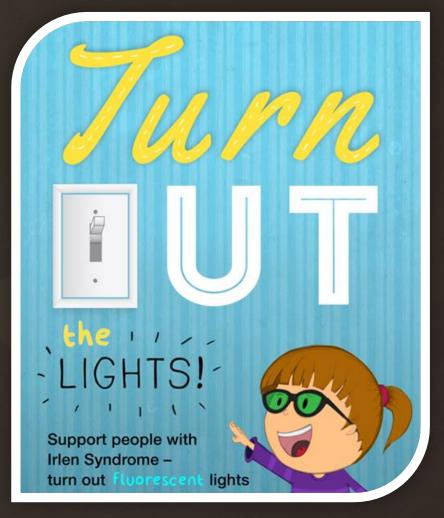
• Wear Irlen Spectral Filters or Colored Overlays to protect your brain from the color it doesn't like





What else can you do?

- Use colored paper to do your work
- Wear a hat to protect from light above
- Dim or turn out fluorescent and other bright lights (use old-fashioned incandescent light bulbs instead)



How do I know if I have it?

Reading Difficulties

- Skip words or lines
- Lose place
- Repeat lines
- Misread words
- Reading slow or choppy
- Reading gets harder the longer you read
- Trouble understanding what you read

<u>Discomfort</u>

- Eyes: hurt, ache, burn
- Eyes: dry, sandy, scratchy, itchy, heavy
- Sleepy
- Headache, dizzy, nauseous
- More difficult to read with bright or fluorescent lights

Where can I get more info?

www.irlensyndromefoundation.org or www.irlen.com

For more information or to take a self-test

