



# 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



# SOWHAT 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

- 1 ANYONE CAN HAVE IRLEN SYNDROME, NOT JUST PEOPLE WHO HAVE TROUBLE READING
- 2 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

### A FEW EXAMPLES...

#### AND RECIARD L WYATT

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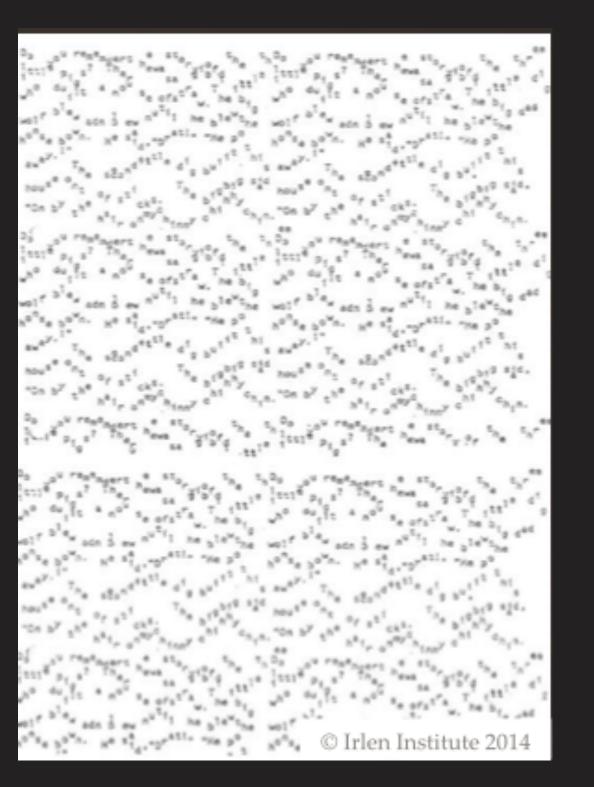
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BLURRY RIVERS SEESAW



### WHAT DO PEOPLE SEE

### A FEW MORE EXAMPLES...

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CONTROL NEW RECONSTRUCTIONS

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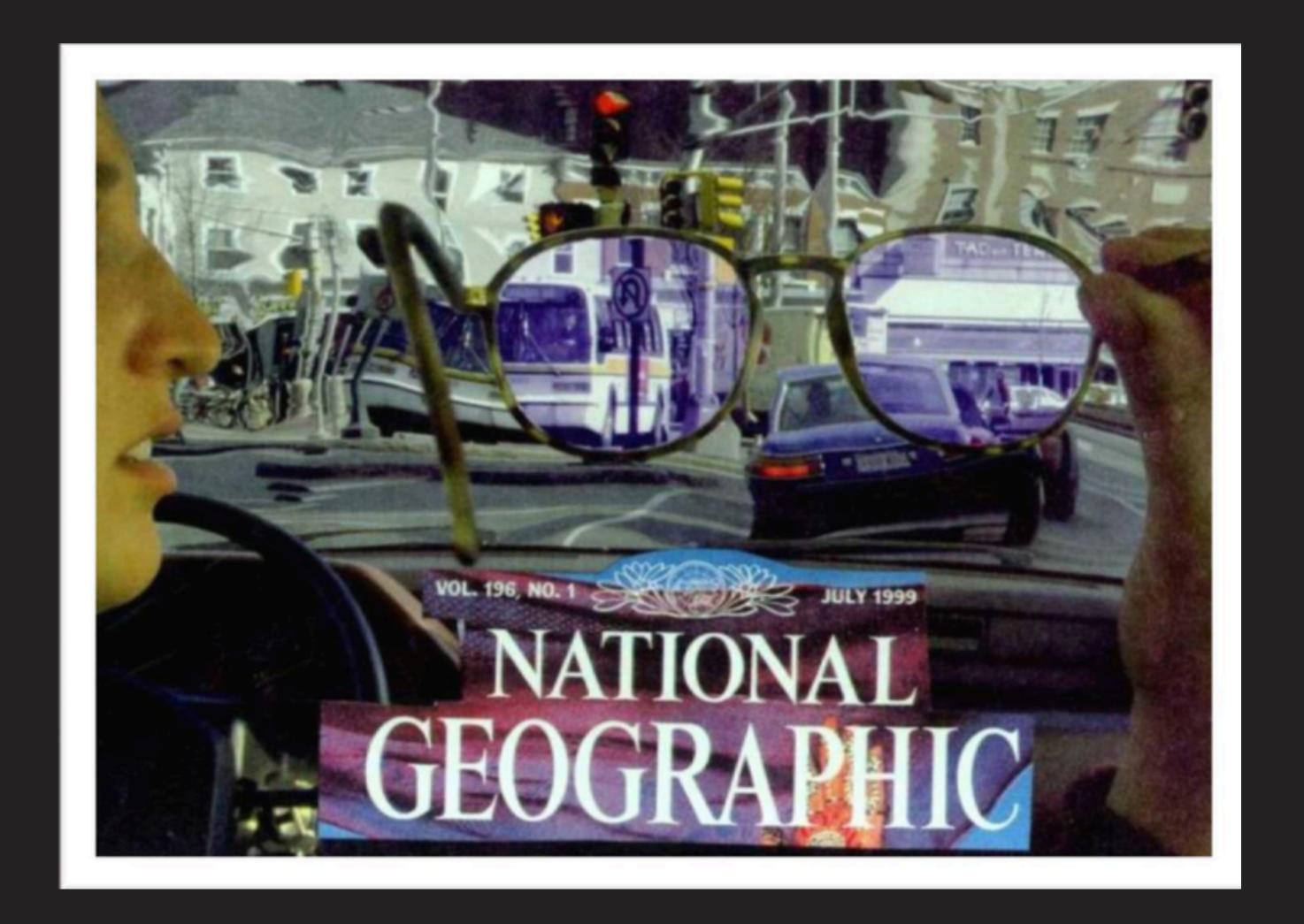
STAR WARS SWIRL WASHOUT

AND THERE ARE LOTS MORE!



# WHAT ELSE HAPPENS

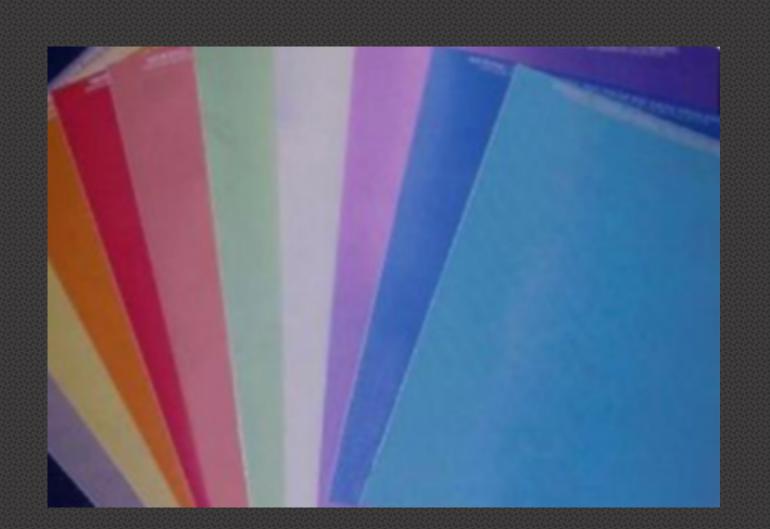
SOME PEOPLE SEE DISTORTIONS
IN THEIR ENVIRONMENT



# WHAT CAN YOU DO ABOUT IT?

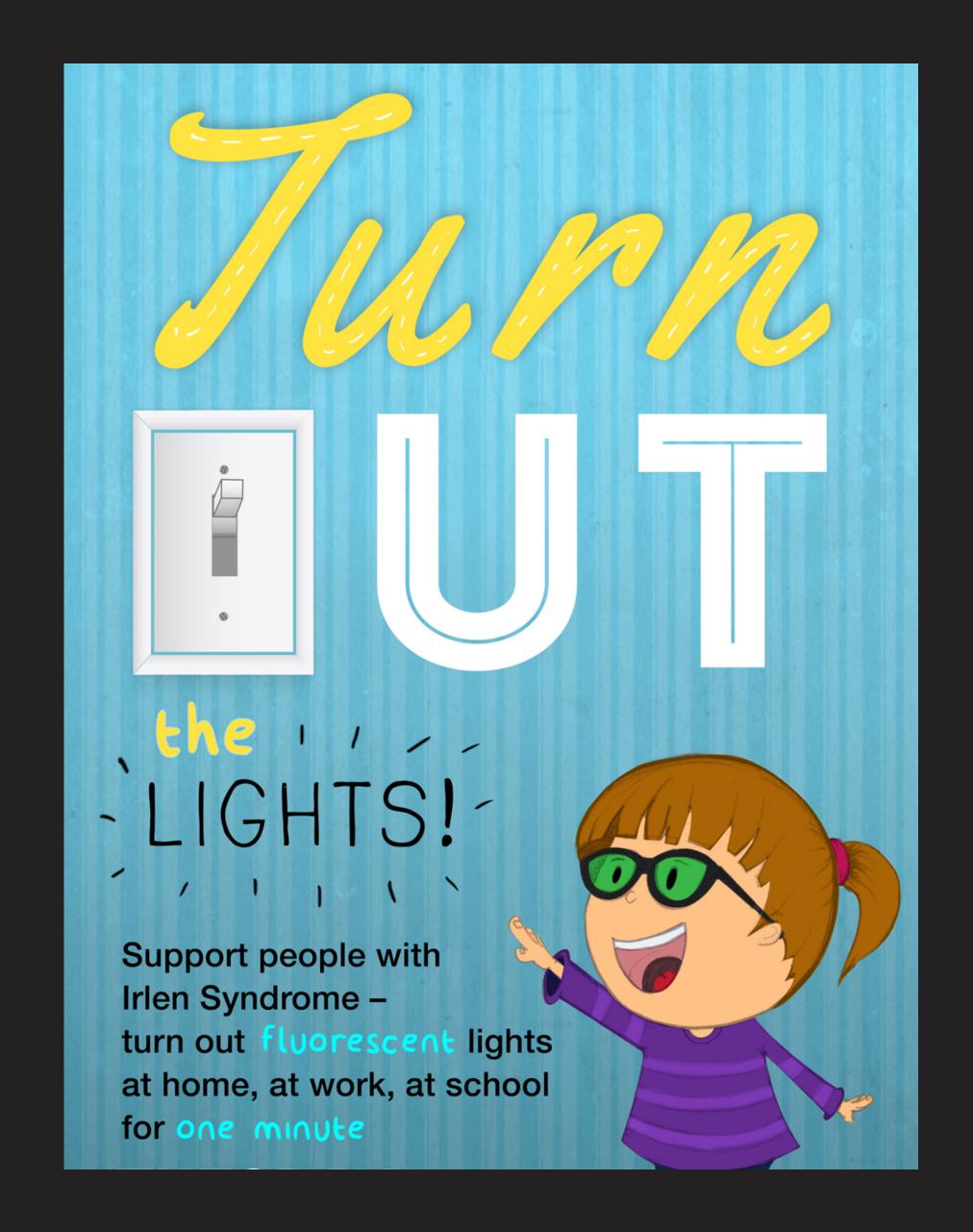
WEAR IRLEN SPECTRAL FILTERS OR COLORED OVERLAYS TO PROTECT YOUR BRAIN FROM THE COLOR IT DOESN'T LIKE





## WHAT ELSE CAN YOU DO?

- 1 USE COLORED PAPER TO DO YOUR WORK
- 2 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

### DISCOMFORT

- 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

