

# WHAT IS IRLLEN SYNDROME?

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Irlen Syndrome is a visual perceptual problem that can affect children and adults of all ages. It has been the subject of medical and educational research, and is a recognised syndrome with a physiological basis.

It causes perceptual distortions, light sensitivity, headaches, migraine, and problems with depth perception. It can lead to stress, anxiety, low self esteem, and underachievement.

Research indicates a dysfunction within the visual cortex of the brain, and hypersensitivity to certain colours in the full spectrum of light causes the brain to process visual information incorrectly.

(Refer to [www.irlen.org.uk](http://www.irlen.org.uk) for research articles)

## AN UNDIAGNOSED AND MISDIAGNOSED PROBLEM

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Irlen Syndrome is largely undiagnosed because:

- It is not an obvious problem.
- It is not identified by standard visual and medical examinations, or by educational and psychological assessments.
- Sufferers think that the visual perceptual distortions they experience are 'normal'.

They assume that everyone else perceives the page and the environment as they do.

Irlen Syndrome is often misdiagnosed as dyslexia, AD(H)D, behaviour problems, and psychological or psychiatric disorders.

While it is possible to have these conditions as well as Irlen Syndrome, they are separate issues and need to be treated as such.

# WHAT ARE THE SYMPTOMS?

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Discomfort in fluorescent light, sunlight, bright lights, glare, lights at night.

Problems judging distance or spatial relationships, causing difficulty with stairs, escalators, sport, driving and perspective.

Sore, dry or watery eyes, headaches and migraine, drowsiness and fatigue from computers, reading and lighting.

Difficulty concentrating, listening and completing work.

Difficulty with black print on white paper, bright colours, white boards and patterns such as stripes and polka dots.

Inability to read words in groups or see whole objects clearly in the environment.

Inability to develop or make use of reading skills due to skipping of words/lines, rereading for information, slow reading rate, problems with tracking and poor comprehension.

Problems with print seeming to move, fade, disappear, swirl, blur and form patterns. The light background can dominate or sparkle and shimmer.

## WHO IS AFFECTED?

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- Up to 12% of the general population
- Up to 47% of those who are dyslexic, autistic, suffer from learning difficulties or have AD(H)D.
- Many individuals affected by head trauma, strokes, whiplash, chronic fatigue, or migraine.

# TREATMENT

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Irlen Syndrome is treated with individually precision tinted Irlen filters worn as glasses or contact lenses.

## BENEFITS OF IRLLEN FILTERS

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- Improvements in reading – speed, accuracy, comprehension
- Enjoyment of reading, writing, computer work, driving, sports
- Relief from pain, discomfort and frustration
- Relief from headaches and migraine
- Increased tolerance of bright and fluorescent lights
- Better concentration
- Reduced stress levels
- Improved job performance
- Improved depth perception

## PRECISE IRLLEN TINT

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The Irlen filters and Irlen treatment is only available from accredited Irlen practitioners.

The colours must be precise for each individual; and the colour of the filters will not match the colour of the overlay(s) chosen during the screening.

Only Irlen filters will treat Irlen Syndrome, and inappropriate colours may even cause further problems.

Although the lenses are coloured, they do not colour the page or the environment.

# THE TESTING AND TREATMENT PROCESS

1. Self Test Form - available online from [www.irlenharrogate.co.uk](http://www.irlenharrogate.co.uk)
2. Screening - to indicate whether a person has the syndrome and whether colour will help.
3. Diagnostic Assessment - discovers the full extent of the symptoms, then a colour evaluation identifies the optimum colour or combination of colours for the individual.
4. Provision of Appropriate Irlen Filters - to wear as glasses or contact lenses.

Aftercare - initial check up at six months and afterward at yearly intervals to monitor the effects of the filters and to ensure that the optimum colours are worn.

Ongoing Advice and Support - e.g. exam concessions, health and safety at work.

## HOW TO BEGIN THE PROCESS

If you think you are suffering from Irlen Syndrome the first thing to do is fill in a 'self test' form and send it to your local screener or diagnostician.

It is important to have a recent eye test so that the screening is as accurate as possible.

## FOR HARROGATE AND SURROUNDING TOWNS CONTACT

Ivy Dice  
**irlen**  
Screener

Harrogate  
07513 134381  
[irlenharrogate@outlook.com](mailto:irlenharrogate@outlook.com)  
[www.irlenharrogate.co.uk](http://www.irlenharrogate.co.uk)



**For other areas in the UK find your local Irlen® Professional at [www.irlenuk.com](http://www.irlenuk.com)**

For more information about

Irlen Syndrome visit:

[www.irlenharrogate.co.uk](http://www.irlenharrogate.co.uk)

[www.irlenuk.com](http://www.irlenuk.com)

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# irlen®

First With Colour

First in the Field



An estimated 12% of the population's lives could be improved with **irlen** Filters.

Common Symptoms Include:

Visual Stress from Reading

Light Sensitivity

Slow Reading Rate

Environmental Stress

Short Attention Span

Headaches and Migraine

Stress

Irritability

Computer Eyestrain

Below Average Co-ordination

Below Average Spatial Awareness

Colour and Pattern Sensitivity