

ARE YOU BOTHERED

These questions have been created to help you determine if you are a candidate for the Irlen® Method.

- ◆ When you are in bright or fluorescent lighting, such as in a supermarket, library or a shopping centre?
- ◆ When you are working under bright or fluorescent lighting.
- ◆ When you are in sunlight without sun-glasses or a hat for protection?
- ◆ By glare even on hazy days?
- ◆ By headlights, streetlights or rain when driving at night?
- ◆ When working at a computer?
- ◆ When watching TV?
- ◆ When doing paper and pencil tasks?
- ◆ When looking at stripes, patterns or certain colours?
- ◆ When looking at high contrast such as black on white
- ◆ When reading for extended periods?
- ◆ When doing visually intensive activities such as needlepoint, cross-stitching, woodworking, soldering, crossword puzzles, etc?

If you answer "yes" to 3 or more, please get in touch with your nearest Irlen® Centre.

"When driving I was unable to focus because of the glare from the sun and bright clouds. The Irlen Filters stopped any glare and were so much better than polaroid sunglasses."

Celia

"Before I had the Irlen tints I used to come home from school and had to go to bed because I had a migraine several times a week.. I wear my tinted glasses all the time and I haven't suffered a migraine since I got the glasses."

Robert

For further information contact:

www.Irlenuk.com & www.Irlen.org.uk
& Irlen.com

The Irlen® Method and Irlen® glasses are available only from an accredited Irlen® consultant.

Community Trade Mark Registration
No. 5669809 IRLEN

**Irlen® Centre North West
Lancashire**

**378 Holcombe Road,
Greenmount,
Bury. BL8 4DT
Phone 01204 882916
Email: iudithihell@aol.com**

Headaches

and

Migraines

from

Perceptual

Stress

and

Light

Sensitivity

IRLEN®

PERCEPTUAL STRESS AND HEADACHES

This brochure provides information regarding the Irlen® Method and its application in alleviating *headaches or migraines*. This method has been researched with the dyslexic and reading disabled population for over 14 years. Most of these individuals report strain, tension, fatigue, or headaches with reading or other perceptual activities.

Clinical data collected by monitoring the progress of this population, has shown that those suffering from headaches or migraines, have experienced a reduction in symptoms with the application of colour. The individuals who have been helped have headaches or migraines related to perceptual stress from lighting or their environment.

These individuals may have been told that there is no medical reason for their problems, their symptoms are related to stress, or they have found that medication does not bring relief. Often avoidance of certain lighting situations can be partially helpful, but all lighting is stressful to a certain extent.

Persons suffering from perceptually related headaches or migraines experience strain and stress from their environment, particularly lighting, bright colours, high contrast, stripes or patterns. They may be unaware of the extra energy and effort they are constantly expending until a particularly stressful condition triggers a headache.

SYMPTOMS

- ◆ Discomfort in either fluorescent lights, bright light, sunlight or strobe lighting.
- ◆ Discomfort looking at certain bright or fluorescent colours.
- ◆ Problems with night driving.
- ◆ Discomfort looking at certain stripes or patterns.
- ◆ An environment which may be partially blurred, moving or distorted, especially under fluorescent lighting.
- ◆ Problems with glare from snow, water, rain or hazy days
- ◆ Stress or headaches from computer screens or reading.
- ◆ Other associated problems can include: poor depth perception, inefficient reading, driving fatigue, poor attention and concentration, difficulty reading music or numbers, slow reading rate or poor reading comprehension

TREATMENT

This patented method uses an innovative diagnostic assessment to determine the right colour from an almost limitless number of colours. This colour is then applied to plastic lenses that are either worn as glasses or added to the client's prescription lenses.

Research at renowned universities has indicated that the difficulty may lie in the brain's ability to tolerate and accurately process certain light waves or colours.

Irlen® coloured glasses filter only the offending light waves without touching any of the other visual information.

RESULTS

The use of colour to remediate perceptually based problems began with a USA federal research grant in 1981. Since that time this technique has gained increasing support as a result of worldwide studies.

Over 50,000 individuals are using Irlen® Coloured Filters and report moderate to significant improvement in areas such as reading ability, concentration, attention, depth perception, night blindness, strain, headaches and migraines.

This perceptual problem prevents an estimated 10-12% of the world's population from being able to read, study or function without getting strain, fatigue or headaches. Until now this causal factor has gone undiagnosed.

Not every individual with headaches is a candidate for Irlen® coloured glasses as there may be more than one reason for their headaches.

Diagnostic assessment by a certificated Irlen® practitioner will determine whether you are a candidate and can be helped. Only an accredited Irlen® consultant has the diagnostic tests and wide range of colours available to be able to determine the colour that will be most beneficial.