

READING CHARACTERISTICS

- Poor comprehension
- Skips words or lines
- Reads slowly or hesitantly
- Takes breaks
- Loses place
- Avoids reading
- Reads in dim lighting
- Misreads words

COMPLAINTS WHILE READING

- Strain or fatigue
- Tired or sleepy
- Headaches or nausea
- Fidgety or restless

WRITING CHARACTERISTICS

- Trouble copying
- Unequal spacing

OTHER CHARACTERISTICS

- Strain or fatigue from computer use
- Difficulty reading music
- Sloppy, careless maths errors
- Misaligned numbers in columns
- Ineffective use of study time

DEPTH PERCEPTION

- Clumsiness
- Difficulty catching balls
- Difficulty judging distances
- Difficulty in accurately perceiving the environment

The overlays are useful all the time - I can read!

GNVQ Student

Before I had the Irlen lenses, I didn't know that I had a visual perception problem and that it could be sorted out. I can now read for longer and I understand what I am reading.

Access to HE Student

Since wearing the Irlen tints, I find that walking about in daylight is no longer stressful and fatiguing.

Industrial Consultant

Irlen filters, both as overlays and spectacles, are available only from accredited Irlen™ Centres.

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The Irlen Method

A Piece of the Puzzle for Problems of:

Dyslexia

Learning

Attention

Reading

Comprehension

Fluency

Depth Perception

Light Sensitivity

IRLEN™ SYNDROME - WHAT IS IT?

People who have Irlen™ Syndrome (also called Scotopic Sensitivity) have problems of visual perception. It is not the eyes that cause the difficulties, but the way in which the brain interprets the visual information that is being sent through the eyes.

Research indicates that 10-12% of the population suffers from Irlen Syndrome. Some people will only experience slight problems. They may be able to read well, but not always efficiently. Others will find it hard to read, learn and study. They need to put a lot of effort and energy into reading, so will find it too tiring to read for any length of time. Irlen Syndrome sufferers do not always realise that they have a problem, because they do not know that other people perceive print differently.

Irlen Syndrome sufferers do not always see things in a stable or an undistorted manner. The print on the page may become less clear as they read; the print may even move. Signs and labels in shops may become difficult to see. Looking at computers or television may be uncomfortable. Reading may make the eyes feel strained, tired or itchy. Reading may even generate headaches.

Irlen Syndrome can reduce attention span or energy levels. It may also affect motivation and work production. Irlen™ Syndrome sufferers may be underachieving. They may be told to try harder, that they lack motivation, or that they are lazy.

Irlen Syndrome can co-exist with other learning problems. So, people who have specific learning difficulties, dyslexia or ADD/HD may in addition, be suffering from Irlen™ Syndrome.

WHAT ARE THE SYMPTOMS?

Light Sensitivity

Problems with glare, fluorescent lights, sunlight and/or night driving. Difficulty concentrating or working under bright lighting.

Problems with Contrast

Difficulty reading from white paper. The page may be too bright or uncomfortable to look at. There may be a glare or a shine coming from the page that interferes with reading.

Problems with Print

Difficulty reading text, numbers or musical notes. Problems may include print that blurs, moves, doubles, disappears or becomes difficult to perceive.

Restricted Reading Span

Inability to read several words as a group. This makes it difficult to skim or speed read, and creates problems with looking ahead and tracking along a line of text.

Lack of Attention

Difficulty in concentrating while reading or when doing school work. May take frequent breaks or keep looking away from the page. May become restless, fidgety or tired.

Poor Depth Perception

Inability to judge distances or spatial relationships. May be unsure on escalators, or uncertain with revolving doors. May have difficulty with ball sports or driving.

THE IRLLEN™ METHOD

The patented Irlen™ Method uses a detailed diagnostic assessment to identify the filter that reduces or eliminates the visual-perceptual difficulties and/or the problems due to light sensitivity.

Irlen™ filters are available as either, acetate sheets to place over a page of text, or as precision tinted filters to be worn as glasses. The correct filter for use as an overlay is identified as part of the screening process. The correct filter to be worn as glasses is identified only after detailed diagnostic assessment.

The Irlen™ Method has gained increasing support as a result of worldwide research and testing. Research at prestigious universities has indicated that the visual-perceptual difficulties experienced by Irlen Syndrome sufferers may be due to the brain's ability to accurately process light. Looking through coloured filters may correct these difficulties by altering the timing by which the visual information is processed.

BENEFITS

The benefits most frequently listed by the many people who wear Irlen filters are:

- Improved reading accuracy
- Better comprehension
- Increased reading speed
- Reduced strain and fatigue
- Improved academic performance
- Improved self esteem
- Ability to read for longer
- More effective study time