**Irlen Syndrome**

Reading By the Color

---

**Irlen Syndrome/Scotopic Sensitivity**

- A piece of the puzzle for:
  - Reading and learning problems
  - ADD/HD, Autism and Asperger Syndrome
  - Behavioral and emotional problems
  - Dyslexia
  - Headache
  - TBI

---

**The Irlen Method Founder**

- Educational Psychologist; Helen Irlen
  - Literacy instructor in the early 1980s.
  - 1980 - California State University, in Long Beach
- Helen found adult student study:
  - After three years of research
  - Distortion began after 10 minutes or more
  - Causing inability to comprehend
- Discovering treatment-method
  - Colored overlays – 1983
  - Colored lenses - 1985
**What causes Irlen Syndrome?**

Medical research shows that these perception problems appear to be caused by a defect in one of the visual pathways that carry messages from the eye to the brain.

This defect causes a timing fault in processing visual information. Filtering out specific wavelengths of light helps the pathway to function normally.

---

**Symptoms**

Individuals with Irlen Syndrome may have issues with:

- Headaches or migraines
- Eye strain or fatigue
- Tired or sleepy
- Nausea
- Fidgety or restless
- Poor Comprehension
- Attention
- Energy level
- Motivation
- Self-esteem

---

**More Symptoms to look for:**

- Strain or fatigue from computer use
- Difficulty reading music
- Sloppy, careless math errors
- Misaligned numbers in columns
- Ineffective use of study time
- Grades do not reflect the amount of effort
- Light sensitivity – outside or under fluorescent lighting
Writing Characteristics

- Trouble copying
- Unequal spacing
- Writing up or downhill
- Inconsistent spelling

Populations with Scotopic Sensitivity

- 46% specific learning disabilities and reading problems
- 33% misdiagnosed with AD/HD, Dyslexia, and/or behavior problems
- 70% of individuals with head injury, concussion, or whip lash
- 80% Individuals with autism
- Certain medical/visual conditions

LIGHT SENSITIVITY

Symptoms That Can Be Improved

- Glare
- Sunlight
- Headlights or Streetlights
- Fluorescent lights
### ATTENTION DEFICIT Disorder (ADD/HD)

**Symptoms That Can Be Improved**

- Problems in concentration while reading or writing
- Distracted easily:
  - From reading or writing
  - While under fluorescent lights
  - Because of daydreaming
- Problems with:
  - Staying on task at work or school
  - Frequent breaks
  - Restlessness, fidgety or being tired

### Comprehension Issues

**Symptoms That Can Be Improved**

- Ineffective use of:
  - Time at work
  - Study time
- Performance does not reflect the amount of time and effort
- Self-esteem
- Trouble copying
- Inconsistent spelling

### Depth Perception

**Symptoms That Can Be Improved**

- Clumsiness
  - Bumping into walls or tables
- Difficulty catching or hitting a ball
- Difficulty judging distances
  - When riding a bicycle
  - Driving a car or lawn mower
- Have to take additional caution while driving
STRAIN OR FATIGUE

Symptoms That Can Be Improved

- Feeling strain, tension, tired, sleepy, or even getting headaches with reading and other perceptual activities.
- Strain can interfere with the ease of reading, studying, or even listening.

Signs In Reading And Learning Issues

What to looking for:

- Poor comprehension
- Misreads words
- Reads in dim light
- Skips words or lines
- Reads slowly or hesitantly
- Takes breaks
- Loses place
- Avoids reading
- Short reading time
- Inefficient reading
- Inability to skim or speed read
- Hesitant and choppy reading
- Poor comprehension and Retention
- Slow reading rates
- High error rate
- Difficulty read or looking at high gloss material

Traumatic Brain Injuries (TBI)

Symptoms That Can Be Improved

Brain damage whether from:

- Surgery
- Stroke
- Tumor
- Disease
- Toxins
- Near drowning
- Electric shock
- Lighting strike
- Head injury

These individuals can be robbed of a sense of self.
Vacillating Brain Issues That Could be Helped by Irlen Method

- Addictions
- Mood Swings
- Epilepsy
- Irritable Bowel
- Bipolar Disorder
- Irritable Bowel Syndrome
- Traumatic Brain Injury

- Migraines
- Sleep walking
- Vertigo
- Asthma
- Seizures
- Oppositional Defiant Disorder
- Fibromyalgia

Has there been research on Irlen Syndrome?

- Yes, over 54 papers have been published in peer review journals; long term studies show positive feedback from people who have been wearing Irlen Filters for over 6 years.

- Just as many girls as boys have Irlen Syndrome. One study of 751 children with Irlen Syndrome found that 84% had at least one parent with Irlen Syndrome.

Dr. Daniel Amen – Brain scan
For someone with Irlen Syndrome, the page becomes distorted as the person attempts to read.

The more stressed the eyes and brain become, the more distortions a person sees or the worst the distortions appear.
Blury

Washout

Halo

4. Always black. Black print on white paper gives the best contrast for everyone. While background looks white.

We all see things the same way.

The print is more dominant than the background. The white print on white paper gives the best contrast for everyone. While background looks white.

We all see things the same way.
Shaky

FOR MORE INFORMATION

Contact:
Jeri LaVigne, Ed.D.
www.efficientbrain.com
Jeri.lavigne@comcast.net