



Self-Test for Irlen Syndrome

- ☐ Are you bothered by bright or artificial lighting (fluorescents, LEDs, or sunlight)?
- ☐ Are you bothered by glare or hazy days?
- ☐ Are you bothered by bright computer screens or smartphones?
- ☐ Are you bothered by headlights driving at night?
- ☐ Are you bothered by reading on bright white paper?
- ☐ Does bright or fluorescent lighting make your eyes, head, or stomach hurt, or give you a migraine?
- ☐ Does bright/fluorescent lighting make you anxious, irritable, fidgety, or agitated?
- ☐ Does your performance deteriorate when working in bright/fluorescent lighting?
- ☐ Does bright/fluorescent lighting make it more difficult to concentrate or pay attention?
- ☐ Does reading ever make your eyes, head, or stomach hurt?
- ☐ Do words ever get blurry or move on the page or screen when reading?
- ☐ Is reading more difficult on bright white or shiny pages?
- ☐ Is reading more difficult in bright or artificial lighting?
- ☐ Do you take frequent breaks when reading?
- ☐ Does reading get harder the longer you read?

Total: _____