COLOR IS IN!
WHEN YOU HAVE IRLEN SYNDROME

IRLEN SYNDROME FOUNDATION
WHAT IS IRLEN SYNDROME

TECHNICALLY
The brain is unable to process certain wavelengths of light

IN NORMAL LANGUAGE
It’s like the brain is allergic to certain kinds of light
SO WHAT HAPPENS?

BRIGHT LIGHTS (LIKE SUNLIGHT AND FLUORESCENT LIGHTS) CAN...

- Hurt your eyes
- Give you a headache
- Give you a stomach ache
- Make the words move when you’re trying to read
- Make you feel jittery or anxious
- Make the words on the page hard to look at
- Make you blink or squint or rub your eyes
- Make it hard to concentrate
- And much more...
A FEW QUICK FACTS

1. ANYONE CAN HAVE IRLEN SYNDROME, NOT JUST PEOPLE WHO HAVE TROUBLE READING

2. IT RUNS IN FAMILIES (YOUR MOM OR DAD GAVE IT TO YOU!)

3. YOU CAN ALSO GET IT AFTER HAVING A CONCUSSION OR HEAD INJURY

4. DIFFERENT PEOPLE HAVE DIFFERENT SYMPTOMS (I MIGHT GET HEADACHES WHEN I READ, AND YOU MIGHT SEE WORDS MOVE ON THE PAGE)

5. IT’S NOT A PROBLEM WITH YOUR EYES - IT’S A BRAIN THING!
WHAT DO PEOPLE SEE

A FEW EXAMPLES...

BLURRY

RIVERS

SEESAW
WHAT DO PEOPLE SEE

A FEW MORE EXAMPLES...

STAR WARS

SWIRL

WASHOUT

AND THERE ARE LOTS MORE!
WHAT ELSE HAPPENS

SOME PEOPLE SEE DISTORTIONS IN THEIR ENVIRONMENT
WHAT CAN YOU DO ABOUT IT?

WEAR IRLEN SPECTRAL FILTERS OR COLORED OVERLAYS TO PROTECT YOUR BRAIN FROM THE COLOR IT DOESN’T LIKE
WHAT ELSE CAN YOU DO?

1. USE COLORED PAPER TO DO YOUR WORK

2. WEAR A HAT TO PROTECT FROM LIGHT ABOVE

3. DIM OR TURN OUT FLUORESCENT AND OTHER BRIGHT LIGHTS (USE OLD-FASHIONED INCANDESCENT LIGHT BULBS INSTEAD)
HOW DO I KNOW IF I HAVE IT?

READING DIFFICULTIES

• Skip words or lines
• Lose place
• Repeat lines
• Misread words
• Reading slow or choppy
• Reading gets harder the longer you read
• Trouble understanding what you read

DISCOMFORT

• Eyes: hurt, ache, burn
• Eyes: dry, sandy, scratchy, itchy, heavy
• Sleepy
• Headache, dizzy, nauseous
• More difficult to read with bright or fluorescent lights
TRY DIFFERENT COLORS

Is this text easier to see or read when the background is this color?
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WHERE CAN I GET MORE INFO?

www.irlensyndromefoundation.org or www.irlen.com

FOR MORE INFORMATION OR TO TAKE A SELF-TEST