

READ THIS

Many children and adults with reading problems have no difficulty reading words, but are inefficient readers who skip lines and lose their place, or have poor comprehension. A perceptual processing problem, called Irlen Syndrome, accounts for these reading difficulties. Readers with Irlen see distortions on the printed page which can cause strain, fatigue, slow reading rate, and poor reading comprehension. These perceptual problems can be reduced or eliminated through the Irlen Method. This reading-based assessment determines the best colored plastic overlay to be used over reading material. This is one strategy among many to help individuals overcome reading problems. Many children and adults have found rapid and significant help through the use of Irlen Colored Overlays when they read. For further information, refer to *Reading By The Colors* and *The Irlen Revolution* by Helen Irlen or www.Irlen.com

SPOTTING IRLLEN SYNDROME

GENERAL READING CHARACTERISTICS

- Reads in dim lighting
- Skips words or lines
- Reads slowly and hesitantly
- Reads with increasing errors
- Reads with poor comprehension
- Reads at a slow rate
- Unable to read continuously
- Misreads words
- Tracks poorly
- Avoids reading

GENERAL WRITING CHARACTERISTICS

- Writes up or downhill
- Writes with unequal spacing
- Makes errors when copying

MUSICAL PROBLEMS

- Has difficulty reading music
- Plays better by ear
- Memorizes rather than reads

COMPLAINTS WHILE READING

- Strain or fatigue
- Headaches or nausea
- Tiredness
- Eyes red or watery
- Indistinct print
- Background uncomfortably bright

MATHEMATIC PROBLEMS

- Makes sloppy, careless errors
- Misaligns numbers in columns

DEPTH PERCEPTION/GROSS MOTOR

- Clumsy and uncoordinated
- Difficulty judging distances
- Difficulty with ball sports

ATTENTION AND CONCENTRATION

- Easily distracted
- Problems starting or staying on task
- Daydreams

Further information may be obtained from:
www.Irlen.com

Reading By The Colors and *The Irlen Revolution* by Helen Irlen



What Are The Symptoms?

LIGHT

Bothered by glare, fluorescent lights, overheads, white boards, or computer screens. Discomfort or difficulty concentrating or working under bright lights or fluorescent lights.

WHITE PAPER

Difficulty reading on high gloss white paper. The paper may be too bright. The white may glare, breathe, encroach into the black, and interfere with the ease of reading.

PRINT

Difficulty reading print, numbers, or musical notes because the print changes. Problems may include print that shifts, shakes, blurs, moves, or doubles.

SPAN OF RECOGNITION

Inability to read groups of letters, numbers, or words at the same time. This results in problems tracking, correctly identifying words, or the ability to skim and speed read.

ATTENTION & CONCENTRATION

Problems with concentration while reading or writing. May have difficulty staying on task, takes frequent breaks, becomes restless, fidgety, or tired.

POOR DEPTH PERCEPTION

Inability to accurately judge distance and spatial relationships. An individual may have difficulty with escalators, stairs, ball sports, or driving.

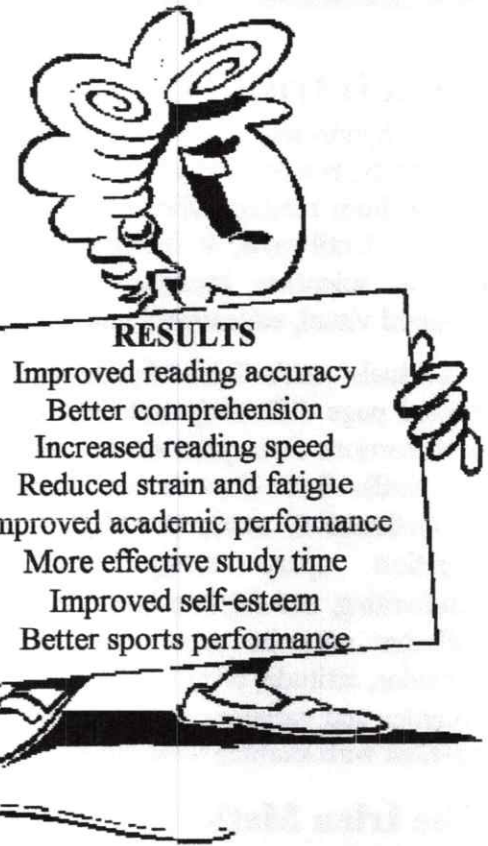
What To Look For:

READING

Reading in dim lighting
Skipping words or lines
Slow or deteriorating reading rate
Inability to read continuously
Trouble tracking (lose your place)
Avoidance of reading
Easily distracted

COMPLAINTS WHILE READING

General strain or fatigue
Drowsiness
Eyes hurt, ache, burn, watery, or itchy
Headaches, nausea, or drowsiness



RESULTS

Improved reading accuracy
Better comprehension
Increased reading speed
Reduced strain and fatigue
Improved academic performance
More effective study time
Improved self-esteem
Better sports performance

Treatment:

Individuals are first tested to determine if this method is helpful, then the most beneficial Irlen colored overlay or combination of overlays are selected. For those who benefit from the use of Irlen colored overlays, a second testing is scheduled. At this session a patented Irlen Treatment Method uses precision tinted filters, worn as glasses, to treat the individuals' difficulties. This diagnostic assessment determines the beneficial filter color from an almost limitless number of combinations.

www.Irlen.com

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IRLEN SYNDROME WARNING SIGNS



The following is a list of symptoms associated with Irlen Syndrome. If you or your child exhibit many of the following characteristics, you may want to consult an Irlen Specialist.



READING BEHAVIOR

Does your child:

- avoid reading?
- dislike reading?
- prefer reading under dim lights?
- have difficulty with comprehension?
- become easily distracted?

When reading out loud, does your child:

- skip words or reread words and lines?
- read word by word?
- misread words?
- read slowly or with hesitation?

When reading, does your child complain:

- the print seems to move or even disappear?
- of stomachaches or feeling dizzy?
- the page seems too bright or glary?
- of headaches or sore eyes?
- of blurry print?

BODY LANGUAGE

Does your child:

- move around trying?
- shade the page?
- move his/her head across the page?
- use a finger or marker?
- blink a lot, squint, open his/her eyes wide, rub his/her eyes?
- vary his/her distance from the page?
- become very sleepy?
- become restless and lose concentration?

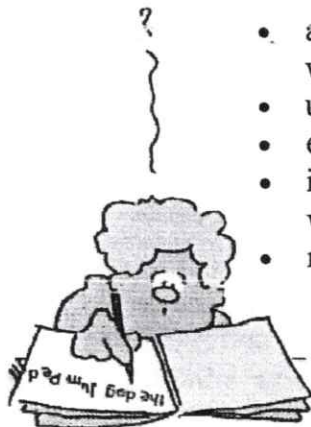


I get sleepy when I read-it is very hard for me...

WRITTEN WORK

Do you see:

- an inability to write on the line, writing uphill or downhill?
- unequal spacing?
- errors in copying?
- inconsistent spelling of the same word?
- misaligned numbers in columns?



...my writing looks straight to me - teacher says I have to do it again...for the third time! This is so boring...

GROSS MOTOR SKILLS

Does your child show:

- poor coordination?
- problems with balance?
- difficulty catching a ball?
- difficulty judging distances?
- poor depth perception?
- problems using escalators or stairs?

Irlen Institute & Irlen Specialists Worldwide

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BRIGHT IDEAS

If you have Irlen Syndrome, you may want to consider how to bring additional comfort by “filtering your light.” Those with Irlen Syndrome have a tougher time focusing on close-up tasks, adapting to sudden changes in light intensity, and tolerating glare. Here are some bright ideas for improving the lighting around your home.

- Eliminate excessive contrast in lighting – bright pools of light surrounded by darkness. Keep lighting in rooms dim, rather than bright, by reducing the wattage of bulbs in table lamps, overheads, and track lighting.
- Illuminate a room slowly to help your eyes make the transition from dark to light. For instance, turn on the table lamps rather than flick on bright overhead lighting. Use plenty of small nightlights to help ease these nighttime transitions around your home.
- Dim lighting may be good. Watching TV in a room with no lighting or dim lighting may be more comfortable because it reduces troubling contrast. Use night-lights in bathrooms and never turn on the fluorescent lights, which appear brighter reflecting off the chrome and tile.
- Avoid direct glare from unshielded fixtures, such as track lights, by aiming them at a wall. This way, the light bounces back into the room and you don't see the light bulb. Or use baffles or diffusers to shield the bulbs in track and recess lights.
- Minimize glare from direct sunlight with sun-filtering window treatments, such as lace panels (not white), shades, sheer curtains, and blinds. Don't place a TV or a desk in front or to the side of a window, which will direct your eyes into the lights.
- Reduce the wattage in table lamps to reduce eye strain when doing visually-intensive activities, such as reading, writing, sewing, or cross-stitching.
- Do not switch from standard incandescent bulbs to compact fluorescent, which give more light while consuming less energy. They also give more discomfort.
- Check to see if you find halogen bulbs comfortable. If not, do not replace standard floods or spotlights in track and recessed fixtures with brighter and long lasting halogen bulbs.
- Finally, when decorating do not use light, bright, or reflective colors on walls and carpets. Use soft colors like gray, blue-gray, or soft brown to absorb light. Do not paint your walls white. Do not use intricate patterned, striped, or high contrast wallpaper.

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