



Irlen's Syndrome



What is Irlen's Syndrome

Irlen syndrome is a visual perception disorder that affects an estimated 48% of those with dyslexia and other learning difficulties. It also affects around 12% of the general population.

Irlen Syndrome (also referred to at times as Meares-Irlen Syndrome, Scotopic Sensitivity Syndrome, and Visual Stress) is a perceptual processing disorder. It is not an optical problem. It is a problem with the brain's ability to process visual information. This problem tends to run in families and is not currently identified by other standardized educational or medical tests

People with Irlen syndrome have problems with the way they view written words and the environment around them. Common symptoms include words moving and changing on the page, difficulty following lines of text, wavy images and 'rivers' travelling down the white spaces between words on a page. White pages often produce a 'glare' and sufferers may also experience light sensitivity. Such vision problems can severely hinder an individual's learning ability and quality of life.

- **Chalkboards.** Write in columns rather than across the board. Write each paragraph in different colours to help with tracking. And whenever possible do not use white boards. The white boards are available in brown or grey which is much easier for readability.
- **Copying.** Allow children to copy from paper to paper. If necessary, copying what has already been copied from a board by another child, if possible, onto coloured paper
- **Worksheets/Test/Math Sheets/Information sheets** should be printed on coloured paper, if possible, the colour of the child's preference, blue/green/yellow/pink. The incorrect colour may cause similar problems to white. Recycled paper is better than white.
- **Reduce your fluorescent lighting** by creating areas that do not have fluorescent lights, areas where half the lights are off, and areas with full fluorescent lighting. If you have a room with enough natural lighting, do not turn on your fluorescent lights.

Affects

- Academic and work performance
- Behaviour
- Attention
- Ability to sit still
- Concentration

Around 50% of children and adults with reading, learning, or attention problems have **Irlen Syndrome**.

Symptoms

- Headaches
- Difficulty with maths computation
- Difficulty copying
- Difficulty reading music
- Poor sports performance
- Poor depth-perception



- Eye strain
- Low motivation
- Low self Esteem
- Print looks different
- Environment looks different
- Slow or inefficient reading
- Poor comprehension