

## Could you or someone you know have Irlen Syndrome?

**“WHEN READING FOR INFORMATION OR WORKING ON A COMPUTER AND YOU GET TO THE POINT WHERE YOU WANT TO STOP READING does any of the following happen”?**

1. Do you get a headache?
2. Do you feel sick to your stomach?
3. Do words jiggle or move?
4. Do words look blurry?
5. Do words move, shift, change shape or look different?
6. Do you feel dizzy?
7. Do you prefer to read in dim light?
8. Do you find sunlight too bright?
9. Does your head bother you?
10. Do your eyes bother you?
11. Do you feel restless, active or fidgety?
12. Do you avoid reading?

If you have answered yes to any of these questions, please go to the [Irlen Syndrome Self Test](#).

[Link](#)

If you have Headaches or Migraines, Please go to the [Migraine and Headache Questionnaire](#)

[Link?](#)

## Who Should be screened for Irlen Syndrome?

Identifying the Populations:

- **46%** of those with specific learning disabilities and reading problems
- **33%** of individuals misdiagnosed with AD/HD, Dyslexia and/or behavior problems
- **12-14%** of general population, gifted, and good readers
- **55%** of individuals with head injury, concussion, or whip lash
- Individuals with autism, certain medical/visual conditions

## Irlen Syndrome can coexist with other learning, emotional and physical symptoms

- Individuals with Undiagnosed problems Of IS may have been considered to be:***
- Underachievers
  - Behavioral Problems; Such as ADD/ADHD, ODD & Depression
  - Attitude Problems; Such as low self esteem
  - Hyperactivity, Impulsivity

- Or may have:***
- Visual dyslexia
  - Reading disabilities
  - Various developmental delays
  - Various emotional or psychological disorders

Irlen Syndrome affects adults also:

## CONSEQUENCES OF IRLLEN SYNDROME IN THE WORKPLACE

- *HIGHER ABSENTEEISM*
- *GREATER NUMBER OF SICK DAY USE*
- *INCREASED INDUSTRIAL ACCIDENTS*
- *INCREASED INJURIES & FATALITIES*
- *LOWER PRODUCTIVITY*
- *FALLING BEHIND WITH GOALS*
- *MENTAL & PHYSICAL FATIGUE*
- *IMPAIRED MENTAL/PROBLEM SOLVING ABILITY*
- *HIGHER STAFF TURNOVER*

### Emotional Symptoms of Irlen Syndrome

- MOOD SWINGS
- IRRATIONAL ANGER or ANGRY OUTBURSTS
- ANXIETY AND/OR PANIC ATTACKS
- LOSS OF SELF CONTROL
- DEPRESSION
- POOR CONCENTRATION
- IRRITABILITY
- NEGATIVITY
- FEELING PRESSURE
- VICTIMIZATION
- LOW SELF ESTEEM

### Physical Symptoms of Irlen Syndrome

- HEADACHES
- MIGRAINES
- EYESTRAIN
- FATIGUE / EXHAUSTION
- SUSCEPTIBILITY TO INFECTIONS
- NAUSEA / Stomach Aches
- MUSCLE TENSION
- CLUMSINESS