

IRLEN CENTER BOSTON

HEADACHES, MIGRAINES, STRESS & STRAIN

NAME: _____ DATE: _____



Answer **Yes** or **No** or **Don't Know (DK)** to the following questions. Do any of the following cause headaches, migraines or bother your eyes, head or stomach (stomachaches); do any of these activities cause you to feel dizzy, tired, nervous, anxious or irritable? Indicate below if you have ever had a Traumatic Brain Injury.

- Reading textbooks for extended periods? _____
- Reading on a computer monitor for extended periods? _____
- Working or reading under fluorescent lights? _____
- Reading black print on high gloss white paper? _____
- Doing visually-intensive activities like needlepoint, cross stitching, woodworking, crossword puzzles, paperwork, report reading, report writing, etc.? _____
- Bothered by sunlight? _____
- Bothered by glare outside; glare off chrome on cars? _____
- Bothered by glare off high gloss white paper? _____
- Bothered by glare on hazy days? _____
- Bothered by bright lights? _____
- Bothered by fluorescent lights? _____
- Bothered by headlights from oncoming traffic? _____
- Certain patterns or stripes bother you? _____
- Bright or neon colors bother you? _____
- Do you frequently wear sunglasses? _____
- Do you become tired or drowsy under bright or fluorescent lighting? _____
- Do you get a headache from fluorescent lighting? _____
- Do you feel antsy or fidgety when under fluorescent lighting? _____
- Does your performance deteriorate under bright or fluorescent lighting? _____
- Do you feel like there is too much light when reading? _____
- Do you feel like there is not enough light when reading? _____
- Do you read in dim lighting? _____
- Do you feel like you need less light to read? _____
- Have you ever had a head injury? If so when? _____
- List additional symptoms? _____

Answering "Yes" to three (3) or more of these questions indicates lighting, glare, and/or visual activities may be triggers for your headaches or migraines. Therefore, wearing Irlen colored filters may successfully reduce or eliminate many of the above issues you indicated. The higher your score, the more lighting and/or visually-intensive activities are contributing to your pain. The section of our website entitled: "Test Centers" lists the certified Irlen practitioners throughout the world.

Determining that you may have Irlen Syndrome does not eliminate the need to explore other factors which can also cause headaches. A list of some of these other triggers is included elsewhere. The first step in treating your headaches must be proper diagnosis. It is essential that all possible causes be investigated since you may be suffering with different types of headaches. You should consult with your pediatrician or physician to make sure that there are no underlying medical problems.

FOR MORE INFORMATION CONTACT:

IRLEN CENTER BOSTON irlenboston@aol.com

Julie C. Sacchetti, M.S. DAPA 508-776-3536 or Sherri L. Schultz, M.Ed 617-818-0919