

Irlen Color Light Activity

One method for determining which individuals may benefit from Irlen Filters is to alter the lighting environment and monitor the child's behavior and performance doing various tasks under these different lighting environments.

Step One: Obtain 40 or 60 watt light bulbs in red, blue, yellow, and green. Your local hardware store should carry colored light bulbs. They are also available online at either www.bulbman.com or www.buymoodies.com.

Step Two: Find a room without natural lighting where the only light source is from the incandescent colored bulbs. If you are testing your child at night, be sure the room is closed off from the rest of the house or that there is not light from a hallway or adjacent room entering the testing room.

Step Three: Do various activities with your child. Intermix activities that are easy and your child enjoys doing with activities that are difficult for your child. For example, have the child spend time in the room doing typical activities such as playing, doing puzzles, drawing, and cutting. In addition, have the child throw, catch, and roll a ball. Ask the child to point out body parts.

Procedure: Have the child spend time in the room doing the activities under the various lighting conditions (fluorescent lighting, brightly and dimly lit room, colored light bulbs). Watch the child's behavior, ability to focus, stimming behavior, squinting, and the ability and quality of each activity.

Step Four: Record your observations.

Step Five: Send your observations, along with the Autism Evaluation Questionnaire, to the Irlen Institute, 5380 Village Road, Long Beach, California 90808.

If you would like more information regarding this technology, obtain *The Irlen Revolution* by Helen Irlen. The book is generally available at local bookstores, amazon.com, barnesandnoble.com, and may also be ordered directly from the [Irlen Store](#).