

Irlen Questionnaire

Please answer the questions below thoughtfully to determine if Irlen Syndrome may make reading difficult for you or your child.

- Do you skip words or lines when reading?
 - Yes
 - No
- Do you reread lines?
 - Yes
 - No
- Do you lose your place?
 - Yes
 - No
- Are you easily distracted when reading?
 - Yes
 - No
- Do you need to take breaks often?
 - Yes
 - No
- Do you find it harder to read the longer you read?
 - Yes
 - No
- Do you get headaches when you read?
 - Yes
 - No
- Do your eyes get red and watery?
 - Yes
 - No
- Does reading make you tired?
 - Yes
 - No
- Do you blink or squint?
 - Yes
 - No

- Do you prefer to read in dim light?
 - Yes
 - No
 - Do you read close to the page?
 - Yes
 - No
 - Do you use your finger or other markers?
 - Yes
 - No
 - Do you get restless, active, or fidgety when reading?
 - Yes
 - No
 - Do the letters/words move on the page when you try to read?
 - Yes
 - No
 - Would you rate yourself as having trouble with reading?
 - Yes
 - No
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- Irlen Syndrome is a condition that may make reading more difficult. About 10-12% of the population has symptoms.
- More information about Irlen Syndrome is available at <http://irlen.com>.
- If a student or adult answers yes to several or more of the questions above, it is worth screening with a set of color overlays to see if this strategy helps to resolve the issue.
- The location that provided this questionnaire to you has a set of ten color overlays where you can come in and self-screen. It takes about 10-15 minutes to determine if one of the color overlays can help you or your child. In some cases, two different colors together may be best. Instructions on how to self-screen are included in the kit. It is easy to do.
- Normally, the overlays cost \$10 to buy individually directly from the Irlen Company. We have purchased in bulk and can provide each overlay to you for only \$3 each.
- If the problem is sufficiently troublesome, you can also consider obtaining tinted glasses, but they need to be screened by a qualified Irlen screener and purchase the tinted lenses through Irlen. A list of qualified screeners is listed on the website.
- Dianne Craft suggests that the visual processing issue may be the result a vitamin deficiency, in most cases DHA. DHA can be found in fish oil supplements. Please watch this short video for more information. <https://www.youtube.com/watch?v=eV8u1apmmrA>