

Irlen Syndrome (also referred to as Scotopic Sensitivity Syndrome) 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.

Scotopic Sensitivity Syndrome/Irlen syndrome **may occur along with other reading and learning difficulties in one person**, but it can also happen that some individuals may have misdiagnosis of dyslexia, reading difficulties, ADHD, or specific learning difficulties, due to similar symptoms. Whenever the intensity of the symptoms is altered by change in lighting, there is a strong possibility that those are caused by Irlen syndrome.

Identifying and helping to correct the symptoms of Scotopic Sensitivity Syndrome/Irlen syndrome **does not mean that the child will no longer need additional professional help** nor does it mean it will no longer need vision correction, but it will certainly help him/her to work easier.



More information (also the text and photos):

www.irrlen.com

www.irlenslovenia.com

www.strokovnicenter.splet.arnes.si/svetovanje-in-izobrazevanje/skopticni-sindrom-irrlen/

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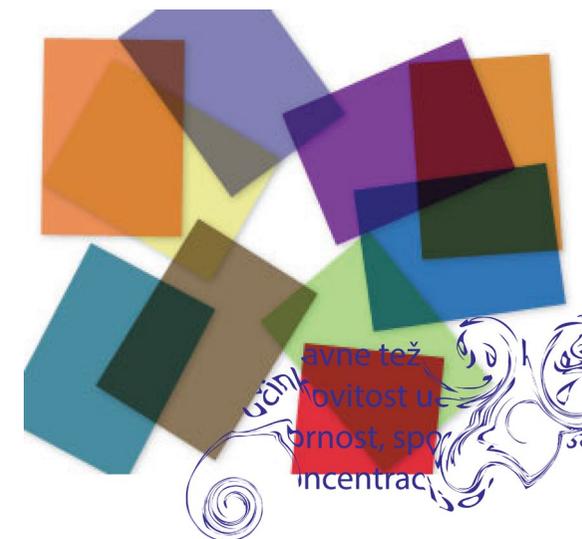
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REPUBLIKA SLOVENIJA
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ZNANOST IN ŠPORT

It is not an optical problem.
It is a problem with the brain's
ability to process visual
information ...



**... SCOPTIC SENSITIVITY
SYNDROME
/ IRLLEN® SINDROME**

The project is co-financed by the Republic of Slovenia and the European Union from the European Social Fund. Project: Professional Centre for holistic support to blind and partially sighted children and youth, and children and youth with special educational needs

RECOGNIZE MAIN IRLÉN SYNDROME SYMPTOMS

Syndrome can affect many different areas, including: academic and work performance, behaviour, attention, ability to sit still, concentration.

This problem can manifest differently for each individual. This problem is not remediable and is often a **lifetime barrier** to learning and performance.

Irlén Syndrome might be your problem, if you suffer from any of the following:



Light Sensitivity: bothered by glare, fluorescent lights, bright lights, sunlight and sometimes lights at night, feeling sleepy, tired, dizzy, anxious, or irritable when exposed to light. Also with light exposure: headaches, mood changes ...



Reading Problems such as poor comprehension, misreading words, problems tracking, preferred reading in dim light, skipping words or lines, reading slowly or hesitantly, taking breaks, losing place, avoiding reading ...



Attention and Concentration Problems when reading and doing academic tasks. Also when doing other visually intensive work.



Discomfort such as headaches or nausea, strain and fatigue, feeling tired or sleepy, fidgety or restless, eyes hurt or become watery.



Headaches and Migraines



Distortions: words on the page and also the world around somebody lack clarity or stability (appear to be blurry, moving, disappear ...).



Depth Perception: clumsiness, difficulty catching balls and judging distances, additional caution necessary while driving.

SYMPTOMS OF IRLÉN SYNDROM CAN ALSO BE:

- **Writing Problems:** trouble copying, unequal spacing, unequal letter size, writing up or downhill, inconsistent spelling.
- **Other Characteristics:** strain or fatigue from computer use, difficulty reading music, sloppy, careless math errors, misaligned numbers in columns, ineffective use of study time, lack of motivation, grades do not reflect the amount of effort, print and

environment look different, poor comprehension, eye strain, difficulty copying, poor sports performance, low motivation, low self-esteem.



- **The Irlén Method** is non-invasive technology that **uses coloured overlays and filters to improve the brain's ability to process visual information correctly.** The cornerstone of the Irlén Method are its **precision-tinted coloured overlays and filters.**
- This technology can improve reading fluency, comfort, comprehension, attention, and concentration while reducing light sensitivity. **This is not a method of reading instruction.** It is a colour-based technology that filters out offensive light waves, so the brain can process visual information accurately.

The assessment process is divided into two testing sessions:

1. *The Screening* (to determine the presence and severity of Irlén syndrome, and to find individual colour of the overlay).
2. *The Tint Assessment* (to determine coloured lenses to create person's unique colour).

The colour of the lenses is often different to the overlay colour. The glasses should not be tinted the same colour as the overlay. The professional diagnostics should be made in order to achieve calmer brain. The overlay put over the white page makes the page look coloured and helps with reading. With the Irlén lenses, the page will still look white; but the print will be clear, stable and comfortable. Irlén lenses will not change the colour of what you are looking at or make things darker!

Very important!

It is necessary to have your vision checked before Irlén testing, because **the Irlén Method does not correct problems with sight nor does it replace the need for prescription glasses.**

How common is Irlén Syndrome?

10 to 12 %	Good readers, gifted
10 to 12 %	General population
46 %	Learning and reading difficulties
33 %	ADHD, dyslexia, reading problems
70 %	Head injury, concussions
30 %	Autism spectrum disorders (ASD)

How to help?

With the use of the right Irlén overlay (determined by a certified Irlén screener) and glasses with Irlén coloured filters (determined by a certified Irlén diagnostician).

What can we, as professionals, parents do to help?

- Turn off or dim the lights.
- Use recycled paper instead of white.
- Allow wearing the visors in the classroom.
- Don't use white blackboards if possible.
- More time for project work and shorter tests.
- Encourage the use of overlay(s).
- On the blackboard write in columns.
- Make good copies of material for children (e.g. worksheets). Choose appropriate font for printed text (e.g. Arial).
- Avoid intense colours, contrasts and patterns (also on your clothing).
- Allow (wooden) ruler and/or magnifying glass and/or glasses to be used and understand if somebody does not want to use it.
- Always ask: »**What do you see?**« not »Do you see?« and believe students answers.

For some, the Irlén Method is the ultimate solution. For others, the Irlén Method is just part of the puzzle as there will be other reading/learning problems that need to be addressed with other tools, methods, approaches.