The Irlen® Method

1. An overlay (clear, plastic sheet of a particular color) is prescribed to reduce contrast between the text and page. This helps with particular problems an individual is having such as text moving, page feeling 'too bright', text going fuzzy. A colored overlay helps alleviate eye strain when reading.

2. Irlen® Colored Filters (worn as glasses) block the part of the light spectrum that is causing visual overload and produce a calm, more efficient brain. Necessary for those experiencing light sensitivity or/and headaches. Colored Filters help with text in the environment, night driving, computer monitors, writing, reading, math and examinations.

Irlen® Syndrome & visual overload

Irlen® Syndrome is a visual perception difficulty due to the brain’s sensitivity to particular parts of the light spectrum. It is not an optical problem. Academic and work performance, behavior, attention, ability to sit still, and concentration can be affected.

This syndrome particularly manifests under conditions of bright light, fluorescent light, glare, high contrast, patterns, and colors. Visual overload occurs resulting in physical symptoms and visual distortions.

Irlen® Syndrome can affect reading, attention span, concentration, energy level, motivation, work production, and job advancement.

Individuals with undiagnosed problems of Irlen® may have been considered to be underachievers who may have been told they could do better if they tried harder. Some individuals have been misdiagnosed with motivational, behavioral or attitudinal problems or as having attention deficits, dyslexia, or reading disabilities.

Are you facing a brick wall?

- Problems reading?
- Difficult to work at a computer?
- Light sensitive?
- Headaches?

The Irlen® Method could be your solution
Any of these sound familiar?

- Driving at night—difficulty with headlights/tail lights?
- Working environment—lighting feels harsh and too bright.
- Computer screen—difficult to work at for any length of time.
- Reading demands have increased—so work slowly and re-read for comprehension.
- Change of job or retraining/college—environment not as comfortable or/and reading demands increased.
- Medical conditions—develop which increase light sensitivity or produce headaches.
- Have experienced—concussion/TBI.
- Physical symptoms develop due to factors listed above—such as headaches, migraines, eye strain, feel dizzy or nauseous.

Irlen® Clinic Case Studies

Irlen® Diagnostican Julie Yaxley (MA) wishes to thank her clients for sharing their experiences to promote Irlen® Awareness

31 year old school counselor

Rachael contacted the Krist Center Irlen® Clinic because she was tired of “living in the dark”. She was lucky to be able to control the lighting in her office but on a recent In Service training developed a migraine under the fluorescent lights (often used in schools/colleges). Sometimes she loses her vision and has strobe like symptoms. She has consulted with many professionals including a neurologist.

Rachel was amazed at the difference “just color” made, she does not need an optical prescription so wore the Irlen® color combination in plano lenses. She could now look at patterns and bright colors (including white) comfortably. She said they also helped with “flashes/sparkles” she sees in the environment and helped her walk up stairs one foot at a time instead of having to put both feet on each stair.

67 year old retired designer

Mary, a 67 year old woman, came into the office with 3 wishes. She wanted to be able to: 1) Read from a computer 2) Pick up any book and read it 3) Feel calm under any light source. She has struggled all her life with light sensitivity, glare in the environment, mood swings and ADHD. Her work environment had been very stressful as she was a graphic designer and had to work on computers. She “can’t do computers” as they make her nauseous and avoids book reading which makes her sleepy.

67 year old story—continued

When prescribed particular colors worn as glasses, Mary was excited to have her 3 wishes fulfilled, “I can even look at lights now, I can’t wait to look at a sunset”…. “The color magnifies the words I am reading”…. “My eyes don’t hurt at all”…. “Colors look sharp and pleasant to look at”.

33 year old Massage Therapist

David is 33 years old and was hit by a car when he was a child, putting him in a coma. Since then he has experienced constant headaches/pressure in his head, as well as an effect called “visual snow” which is like watching a TV that is not tuned in, he described it as thousands of white and yellow dots flickering everywhere he looked. The tinted lenses prescribed during the Diagnostic allowed David to enter a whole new world. Here are some of his comments:

Visual Perception: “The carpet is chaos, like a spider web… but with the color it is totally different, a zig zag”.

Visual Snow: “It hasn’t gone but I can see through it now, it is like I can see though a fog”…. “People with visual snow sometimes can’t see through things, like if a friend drives by in a car I can’t see them through the car window… with the color I can see through windows clearly”.

Reading: “Before the colored lenses lots of letters crossed over and on the computer I could see halos of light around the letters”.

Comfort: “I always have pressure in my right eye. I can feel the muscles relaxing now as I look through the Irlen® color”.

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