

THE  
IRLEN DYSLEXIA  
CLINIC

**Irlen Syndrome headache survey**

Tick the box if you experience the following

<b>Do any of the following bother your eyes, head and stomach, make you feel dizzy, tired, nervous, anxious or irritable?</b>	
<input type="checkbox"/>	Reading textbooks for an extended periods
<input type="checkbox"/>	Reading on a computer/device for extended periods
<input type="checkbox"/>	Working or reading under fluorescent lights
<input type="checkbox"/>	Reading black print on high gloss white paper
<input type="checkbox"/>	Doing visually intensive activities like needlepoint, cross-stitching, woodworking or crosswords?
<input type="checkbox"/>	Bothered by sunlight?
<input type="checkbox"/>	Bothered by glare outside or glare from chrome cars?
<input type="checkbox"/>	Bothered by glare from high gloss white paper?
<input type="checkbox"/>	Bothered by glare on hazy days?
<input type="checkbox"/>	Bothered by bright lights?
<input type="checkbox"/>	Bothered by fluorescent lights?
<input type="checkbox"/>	Bothered by headlights from oncoming traffic?
<input type="checkbox"/>	Certain patterns of stripes bother you?
<input type="checkbox"/>	Bright or neon colours bother you?
<input type="checkbox"/>	Do you frequently wear sunglasses?
<input type="checkbox"/>	Do you become tired or drowsy under bright or fluorescent lighting?
<input type="checkbox"/>	Do you get a headache from fluorescent lighting?
<input type="checkbox"/>	Do you feel antsy or fidgety under fluorescent lighting?
<input type="checkbox"/>	Does your performance deteriorate under bright or fluorescent lighting?
<input type="checkbox"/>	Do you feel like there is too much light when reading?
<input type="checkbox"/>	Do you feel like there is not enough light when reading?
<input type="checkbox"/>	Do you read in dim lighting?
<input type="checkbox"/>	Do you feel like you need less light to read comfortably?
<input type="checkbox"/>	

**If you scored four (4) or more ticks for any of the sections within this survey, it would be worthwhile getting screened for Irlen syndrome.**

**If this is you, call the Irlen Dyslexia clinic  
on 0431 927 578 or email [admin@irlendyslexia.com.au](mailto:admin@irlendyslexia.com.au)**