

Self-Test for Irlen Syndrome/Scotopic Sensitivity

Do you or someone you know have difficulty reading?
Take the following test:

	YES	NO
Do you skip words or lines when reading?		
Do you reread lines?		
Do you lose your place?		
Are you easily distracted when reading?		
Do you need to take breaks often?		
Do you find it harder to read the longer you read?		
Do you get headaches when you read?		
Do your eyes get red and watery?		
Does reading make you tired?		
Do you blink or squint?		
Do you prefer to read in dim light?		
Do you read close to the page?		
Do you use your finger or other markers?		
Do you get restless, active, or fidgety when reading?		

*If you answered yes to three or more of these questions, then you might be experiencing the effects of a perception problem called Irlen Syndrome/Scotopic Sensitivity and can be helped by the use of color (see www.Irlen.com).

Adapted with permission from Reading by the Colors by Helen L. Irlen, Penguin Putnam/Perigee Div. Publishers