**Irlen Syndrome**

**Summary:**

Irlen syndrome is a problem with the brain’s ability to process visual information. About 14% of the population have some form of Irlen Syndrome. It can affect anyone but is more common in people who have a specific learning difference such as dyslexia or ADHD.

**Symptoms:**

* sensitivity to light
* reading problems
* headaches and migraines
* attention and concentration problems
* strain and fatigue
* problems perceiving depth of objects
* distortion of vision including print

**Strategies:**

* Promote learner independence by encouraging the student to use their coloured overlay and to change the background colour of computer screens.
* If appropriate, provide handouts on the student’s preferred colour paper.
* Encourage the student to sit near a window to reduce glare from fluorescent lighting.
* Allow the student to wear a dark brimmed hat to protect from the glare of fluorescent lighting.
* Check the student’s individual support needs and ensure they get the appropriate exam access arrangements when doing formal assessments.

For further guidance see below.

[Irlen Syndrome Foundation Website](https://www.irlensyndrome.org/what-is-irlen-syndrome/?gclid=Cj0KCQjwgezoBRDNARIsAGzEfe64zbJ9jwPW0KTBraZeSpZQaI-FOElokPFe7Oqa_xLUOWqEb14PPFYaAh81EALw_wcB)

[Irlen UK Website](http://www.irlenuk.com/)