

Irlen Screening, short version

- Do you skip words or lines when reading?
☐ Yes
☐ No
- Do you reread lines often?
☐ Yes
☐ No
- Do you lose your place easily when reading?
☐ Yes
☐ No
- Are you easily distracted when reading?
☐ Yes
☐ No
- Do you need to take breaks often from reading?
☐ Yes
☐ No
- Do you find it harder to read the longer you read?
☐ Yes
☐ No
- Do you get headaches when you read?
☐ Yes
☐ No
- Do your eyes get red and watery when you read?
☐ Yes
☐ No
- Does reading make you tired?
☐ Yes
☐ No
- Do you blink or squint a lot when reading?
☐ Yes
☐ No

- Do you prefer to read in dim light?
☐ Yes
☐ No
- Do you read close to the page?
☐ Yes
☐ No
- Do you use your finger or other markers to help with tracking when reading?
☐ Yes
☐ No
- Do you get restless, active, or fidgety when reading?
☐ Yes
☐ No
- Do the letters/words move on the page when you try to read?
☐ Yes
☐ No
- Would you rate yourself as having trouble with reading?
☐ Yes
☐ No

For more information, please visit the Irlen Institute site at <http://irlen.com>. The questionnaire was adapted from the Irlen website. We are not affiliated with the Irlen Institute. We are only providing this information as a public service.

You can find a directory of professional diagnosticians on the site. There is one listed in the Colorado Springs area. You can also do a quick check on the site by clicking on the different sunglasses icons at the top of each page. That changes the background colors to quickly determine if one of the ten recommended colors makes a difference in how the eyes perceive the letters/words on the screen.

If a person answers yes to several or more of the above questions, it is recommended that they be screened for Irlen Syndrome. Screening kits and overlays are available directly from Irlen. We can provide screening kits and overlays to qualified organizations. Please contact us for more information.