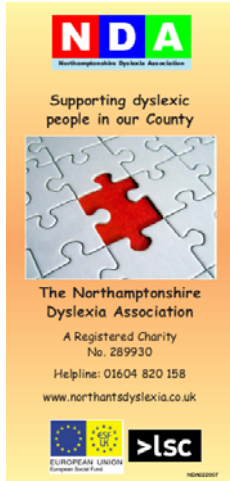




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Helpline: 01604 820 158  
[www.northantsdyslexia.co.uk](http://www.northantsdyslexia.co.uk)



## Information Sheets

### Visual stress and learning/accessing information

See also the British Association of Behavioural Optometrists website for more information by clicking on the link (who also provide details of local specialist optometrists):

<http://www.babo.co.uk/>

### Visual Stress

(sometimes also called Meares-Irlen Syndrome)

There is a syndrome that affects the vision, which can often occur alongside dyslexia and dyspraxia and other learning difficulties. Generally this is known as 'visual stress' syndrome.

Visual stress can manifest itself in many ways. For some the words seem to be constantly on the move across the page or the white background seems to glare causing discomfort and or eye scanning/tracking difficulties when reading. Others may see the gaps between words as rivers running down the page or that the print is blurred making reading extremely stressful and problematic.

People with visual stress difficulties may also react adversely to the flicker of fluorescent lighting or need the room lighting to be dimmed.

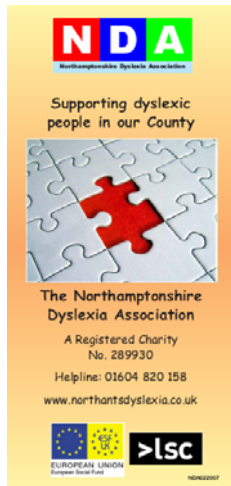
These difficulties can have a significant impact on learning and accessing information generally on a day-to-day level.

Information  
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## Visual stress and learning/accessing information (ctd)

### Assessment and intervention

This is a specialised area for proper diagnosis and treatment and can easily be missed during routine eye tests. It may be necessary to arrange a test by an optometrist specialising in behavioural optometry and/or colorimetry rather than an optician if you suspect visual stress is present.

Intervention might include the use of plastic coloured sheets that filter the reading page, the use of a coloured paper rather than white paper, coloured lenses in spectacles, or aids to help with the eye tracking the printed lines e.g. an eye-level reading ruler, or eye exercises.

For tinted overlays visit [www.ceriumvistech.co.uk](http://www.ceriumvistech.co.uk) or [www.irlenuk.com](http://www.irlenuk.com) and for eye-level coloured reading rulers visit [www.crossboweducation.com](http://www.crossboweducation.com)

Common signs include skipping words/lines when reading, slow or hesitant reading, eye-strain/watery eyes/sore eyes/headaches/nausea when reading; writing uphill/downhill/unequal spacing or errors when copying.

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6/2008

