

VISUAL STRESS SELF-CHECK

Could visual processing stress be making reading harder?

This short checklist highlights signs often linked with visual stress (sometimes called Irlen Syndrome or Scotopic Sensitivity Syndrome). It is an **educational starting point** to help you decide whether an Irlen screening might be worth exploring. It is **not a diagnosis** and does not replace evaluation by qualified professionals.

How to use it

Tick each item you (or your child) notice fairly often. There's no pass or fail — even a few ticks, especially if reading has always felt harder than it should, can be worth exploring.

Part 1 — While reading

- Headaches or eye strain during or after reading
- Words appear to move, blur, double, or run together
- Losing your place, skipping lines, or re-reading often
- Reading slowly or tiring quickly
- Trouble concentrating or staying focused while reading
- Using a finger or marker to keep your place

Part 2 — Light & visual comfort

- Bright lights, glare, or sunlight feel uncomfortable
- Fluorescent lighting is bothersome or tiring
- White pages or bright screens feel harsh
- Discomfort with stripes, patterns, or busy backgrounds
- Difficulty judging depth, distance, or catching/sports

Part 3 — For children & students

- Avoids reading, or calls it 'boring' or 'too hard'
- Reads below the level you'd expect from their ability
- Becomes restless, frustrated, or tired with close work
- Complains of sore eyes or headaches after schoolwork
- Performs better when text is enlarged or dimly lit

What your answers may suggest

0–3 ticks	Visual stress is less likely the main factor, but trust your experience. If reading is hard, keep exploring with the right professionals.
4–7 ticks	Several signs are present. A screening could help you explore whether visual stress is part of the picture.
8+ ticks	Many signs are present. Exploring an Irlen screening, alongside your usual care, may be worthwhile.

Next step: explore an Irlen screening with Miranda. Visit mirandamakary.com and complete the Irlen screening inquiry — her team follows up by email. Please don't include sensitive medical information.

This self-check is for general education and does not diagnose any condition. An Irlen screening is not a substitute for medical, psychological, educational, or vision evaluation, and is not a cure or treatment. Outcomes vary from person to person. If you have health concerns, please consult qualified professionals. This resource does not provide emergency care.