

# I Can See Clearly Now



**SENSITIVITY TO LIGHT** – Studies estimate that 12 – 20% of the population suffers from an extreme or strong sensitivity to light. This extreme sensitivity to light actually has a name. It is “Scotopic Sensitivity Syndrome” more commonly called “IRLEN SYNDROME”. Like most syndromes, Irlen ranges from mild to extremely severe.

For those with light sensitivity – i.e. bothered by glare, sunlight, fluorescent lights, headlights, or streetlights – it can affect reading, writing, spelling, math and depth perception.

Some individuals become tired, others experience headaches, mood changes, or become anxious and fidgety while others display an inability to stay focused in bright or fluorescent light.

The effects of Irlen Syndrome can spill over into everyday life as symptoms are extremely wide reaching. These include problems with concentration while reading, writing or working on the computer or difficulty staying on task. This can lead to strain, or fatigue, getting tired, sleepy, or experiencing headaches or migraines while reading.

For more information about Irlen Syndrome, contact April Meyer, Irlen Screener, at the LDAA-Red Deer Chapter Office by phone at 403-340-3885 or by email at [info.ldard@shawbiz.ca](mailto:info.ldard@shawbiz.ca)