

The Non-Verbal Test for Irlen Syndrome

Do you observe this child/youth. . .	Y es	No	Maybe/Don't Know
Shading eyes while looking at a page or screen?	Y	N	M
Preferring to wear a hood or visor cap indoors	Y	N	M
Squinting, squirming, or tilting the head while looking at a page	Y	N	M
Frequently loses place while looking at a page or screen?	Y	N	M
Rubbing eyes while looking at a page, TV, or computer screen	Y	N	M
Preferring dim light, or shade, hide under tables?	Y	N	M
Prefering colored walls, colored pages, colored/ dimmed tablet screens?	Y	N	M
Squinting under fluorescent lights, or bright lights	Y	N	M
Poor behavior under fluorescent lights, brighter lights-- or afterwards?	Y	N	M
Yawning or sleepy while under bright lights, or in the classroom?	Y	N	M
More distractible, less attentive under bright lights?	Y	N	M
Appears to be trying to get out of reading, class work, participation?	Y	N	M
Ever complains of eye-aches or headaches?	Y	N	M
Ever complains of stomach-aches, nausea, or dizziness?	Y	N	M
Appears to be complaining or acting out to avoid schoolwork?	Y	N	M
Barely glances at words quickly and looks at pictures for story content?	Y	N	M
Relies on stories told to class, group learning, hands-on learning for content?	Y	N	M
Prefers to sleep in a car, rather than look at a book or screen while riding?	Y	N	M
Seems less communicative, less attentive, or listens less in bright lights?	Y	N	M

*Yes to 3 or more indicate the need for further monitoring and screening for Irlen Syndrome. The use of colored overlays, colored paper, Irlen Spectral Filters, and/or other classroom modifications may be helpful for this individual. Visit www.irlen.com and find a testing center near you.