



STRESS, STRAIN AND HEADACHES SELF-TEST

Please complete the following by rating each question from 1 – 10, with 1 not a problem and 10 being a severe problem.

Which of the following bother your eyes, head, or stomach; make you dizzy, tired, nervous, anxious or irritable?	1→10 No problem → severe problem
Reading textbooks for extended periods?	
Reading on a computer for extended periods?	
Working or reading under fluorescent lights?	
Reading black print on high gloss white paper?	
Doing visually-intensive activities?	
Bothered by sunlight?	
Bothered by glare outside; glare from chrome on cars?	
Bothered by glare off high gloss white paper?	
Bothered by glare on hazy days?	
Bothered by bright lights?	
Bothered by fluorescent lights?	
Bothered by headlights from oncoming traffic?	
Certain patterns or stripes bother you?	
Bright or neon colours bother you?	
Do you frequently wear sunglasses?	
Do you become tired or drowsy under bright or fluorescent lighting?	
Do you get a headache from fluorescent lighting?	
Do you feel agitated under fluorescent lighting?	
Does your performance deteriorate under bright or fluorescent lighting?	
Do you feel like there is too much light when reading?	
Do you feel like there is not enough light when reading?	
Do you read in dim lighting?	
Do you feel like you need less light to read?	

Adapted from Irlen Headache Self-Test © 1998 Helen L. Irlen



For more information about Irlen Syndrome or for help with a diagnosis, please contact James Billett at Irlen Central England UK. James became an Irlen diagnostician in 1995 and has been helping many patients experience the benefits from Irlen lenses ever since.

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