



## OBSERVATION FORM FOR IRLEN PROFILE

Name
Age
Address
Telephone Number
Email Address
Completed by

### Sensitivity to light

Are you bothered by (tick all that apply)		
Sunlight	Glare	Fluorescent light

Does bright light make you feel (tick all that apply)			
Tired	Drowsy	Anxious	Headachy

Do you prefer to read in (tick all that apply)			
Dim light	Bright light	Indoors	Outdoors

Do you use a help to keep your place (tick all that apply)			
Finger	Hand	Marker	Ruler

### Reading inefficiency

When reading do you (tick all that apply)			
Avoid reading	Avoid reading aloud	Skip words	Skip lines
Re-read lines	Poor comprehension	Reading speed deteriorates	Reading accuracy deteriorates
Rub your eyes	Move closer to page	Move further from page	Move your head
Close eye	Cover eye	Squint	blink

### Handwriting and copying

Do you have difficulties with (tick all that apply)			
Unequal letters	Unequal spaces	Writing up or down hill	Keeping to line
Losing place	Missing out words	Slow	Careless errors
Capital letters	Refocusing	Proofreading	Punctuate

Adapted from Self-Test for Irlen Syndrome © 1990 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.

Call **01536 761 597**, email [james@irlencentralengland.co.uk](mailto:james@irlencentralengland.co.uk) or visit [www.irlencentralengland.co.uk](http://www.irlencentralengland.co.uk)



### Concentration

Difficulties with (tick all that apply)			
Starting task	Staying on task	Concentrating on task	Avoiding distraction

### Music

Difficulties with (tick all that apply)			
Little progress despite practice	Playing by ear	Problem sight reading	Losing place

### Mathematics

Difficulties with (tick all that apply)			
Columns	Signs, symbols	Graphs	Decimal points

### Depth Perception

Difficulties with (tick all that apply)			
Escalators	Stairs	Edges of tables	Doors
Dropping things	Walking in a straight line	Judging distances	Accident prone

### Sports

Difficulties with (tick all that apply)			
Catching ball	Tracking ball	Hitting ball	Watching ball games
Skipping	Playground equipment	Fairground rides	Roller-skates

### Cars

Bothered by (tick all that apply)			
Car lights at night	Reading in car	Shiny cars	Tiredness

Too much or too little space when (tick all that apply)			
Parking	Car in front	Car behind	Car coming towards you

Other i.e. VDU and Artificial Lighting
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Thank you, James Billett

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