

Irlen Self-Test For Light Sensitivity

Do you experience strain or fatigue working or reading under fluorescent lights?

Yes

No

Bothered by sunlight?

Yes

No

Bothered by glare outside; glare off chrome on cars?

Yes

No

Bothered by glare off high gloss white paper?

Yes

No

Bothered by glare on hazy days?

Yes

No

Bothered by bright lights?

Yes

No

Bothered by fluorescent lights?

Yes

No

Bothered by headlights from oncoming traffic?

Yes

No

Do you frequently wear sunglasses?

Yes

No

Do you become tired or drowsy under bright or fluorescent lighting?



Yes

No

Do you get a headache from fluorescent lighting?

Yes

No

Do you feel antsy or fidgety when under fluorescent lighting?

Yes

No

Does your performance deteriorate under bright or fluorescent lighting?

Yes

No

Do you feel like there is too much light when reading?

Yes

No

Do you feel like there is not enough light when reading?

Yes

No

Do you read in dim lighting?

Yes

No

Do you feel like you need less light to read?

Yes

No

