

080: Curing Light Sensitivity, ADD, Migraines, and More Through Color

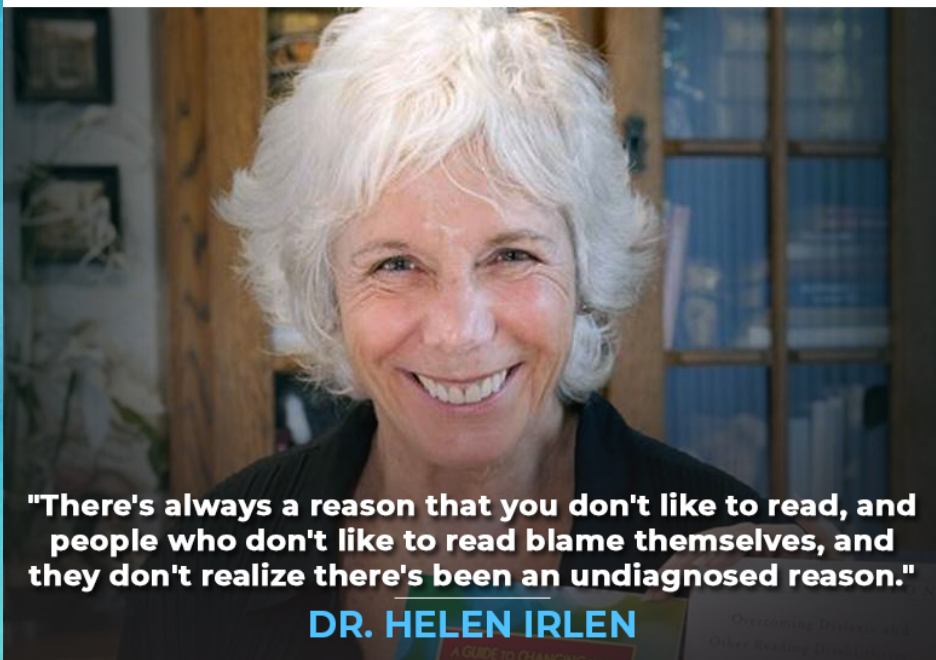
10 Point Checklist

Dr. Helen Irlen

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"There's always a reason that you don't like to read, and people who don't like to read blame themselves, and they don't realize there's been an undiagnosed reason."

DR. HELEN IRLLEN

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Try reading for an hour. Assess whether you get sleepy or feel like you're getting a headache. If so, you may have Irlen Syndrome.
- During your hour of reading, pay attention to how the experience changes. Irlen Syndrome may lead to your reading getting slower or choppy as the session goes on.
- Make a list of visual factors that affect you. For example, are you bothered by bright light, fluorescent lights, or high contrast in text?
- Take the free Irlen Self Tests online to begin assessing whether you may have Irlen Syndrome.
- If your Irlen Self Test results suggest that you may have Irlen Syndrome, have an official screening at an Irlen Testing Center.
- If you find reading boring, try reading for as long as you can until you feel ready to stop. Observe how your body feels and how the page looks at that point.
- Pay attention to how you feel about making left turns and changing lanes. Hesitation or uncertainty can indicate depth perception problems and possible Irlen Syndrome.
- Get tested for Irlen Syndrome if you have migraines or other light-sensitive headaches, regardless of whether you show other symptoms.
- Try out Helen's Spectral Filters if you have high-functioning autism (or Asperger's).
- Visit the [Irlen Institute's YouTube channel](#) and watch several of the videos there that are most applicable to you. These will help you get more insight into Irlen Syndrome.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/fixing-visual-processing-problems-didnt-know-dr-helen-irlen/>