



# The Irlen® Clinic of Utah

## Irlen® Syndrome Awareness

Understanding Irlen® Syndrome and its impact on daily life.



1

### NOT A READING PROBLEM

Irlen® Syndrome causes a wide range of physical and cognitive symptoms that can significantly impact a person's overall health and well-being. Irlen® Syndrome is not a reading problem. It affects the entire person whenever their eyes are open.



2

### IT STARTS WITH LIGHT

At its core, Irlen® Syndrome is caused by the brain's inability to process specific wavelengths of light. Visual information is gathered through the eyes as light, then transferred to the brain as electrical signals, where the information is processed. Bright and fluorescent lights can exacerbate symptoms of Irlen® Syndrome.



3

### THE WHOLE BODY IS AFFECTED

When eyes are open, the brain tries to process visual input. Irlen® brains work too hard, causing fatigue, headaches/migraines, eye strain, nausea, poor balance and depth perception, disrupted sleep, visual distortions, and attention/concentration difficulties.



4

### RE-SYNC VISUAL SIGNALS

In Irlen® Syndrome, the visual signals being sent to the brain are out of sync, making them difficult for the brain to process. The key to addressing Irlen® Syndrome is correcting the deregulation of visual signals and putting them back in sync.



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### BRAIN PROCESSING, NOT EYES

Even though some Irlen® Syndrome may cause distortions in print or surroundings, it's not a vision problem. It's a brain issue—the visual-processing parts are overactive and not working properly.



6

### COLOR CALMS OVER-ACTIVITY

Color-filtered visuals slow and synchronize visual signals to the brain, letting brain activity return to normal and easing physical and cognitive symptoms.

WHAT ARE YOU WAITING FOR? LEARN MORE!  
IMPROVE BRAIN FUNCTION WITH COLOR

Learn More  
[irlenclinicofUtah.com](http://irlenclinicofUtah.com)



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