



Scotopic Sensitivity Syndrome

We are on the Lower Ground Floor, Neuadd Rathbone, College Road, Bangor, LL57 2DF

To make an appointment to see an adviser:

Tel: 01248 383620

E-mail: disabilityservice@bangor.ac.uk

<http://www.bangor.ac.uk/student-services/disability/dyslexia.php.en>

This leaflet is available in alternative formats

Scotopic Sensitivity, also known as **Visual Sensitivity** or **Meares Irlen Syndrome**, affects the way in which the brain processes and interprets visual information. It is not an optical problem but it causes visual disturbance and discomfort.

Noticeable characteristics often experienced include:

- Visual distortions, eyestrain and headaches in brightly lit environments or when reading text printed with strong contrasts such as black print on a white background.
- Print that appears blurred: it may disappear or seem to move; it may look swirly or the white spaces between words may stand out as glaring rivers, therefore maintaining reading accuracy can be difficult.
- Reading may be very tiring because of the visual discomfort, and the energy and concentration levels needed to counteract the visual stress.

- Problems with depth perception and judgement of spatial relationships can lead to difficulty with ball sports, driving, using stairs, escalators or revolving doors.

The effects experienced by someone with visual sensitivity can be reduced by:

- Wearing specially colour-tinted glasses.
- Printing out lecture notes on coloured paper.
- Using coloured overlays for reading.
- Changing the background colour of the screen when working on the computer or other technological devices.

You can find out more about **Scotopic Sensitivity** at: <http://www.irlenuk.com>

