

VISUAL STRESS CHECKLIST

1. Does reading make you tired?
2. Do you often lose your place when reading?
3. Do you re-read or skip lines when reading?
4. Do you read words / numbers back to front?
5. Do you miss out or mis-read words when reading?
6. Do you use a marker or your finger to keep the place?
7. Are you easily distracted when reading?
8. Do you become restless or fidgety when reading?
9. Do you get headaches when you read?
10. Do your eyes become sore or water?
11. Do you screw your eyes up when reading?
12. Do you rub or close one eye when reading?
13. Do your difficulties increase the longer you read?
14. Do you prefer dim light to bright light for reading?
15. Does white paper (or white board) seem to 'glare'?
16. Does print seem to move about on the page as you read?
17. Does print become distorted or shimmer as you read?
18. Do you find striped patterns uncomfortable to look at?
19. Is it uncomfortable to read under fluorescent lighting?