

# What is Visual Stress? And how can you reduce it?

## Opticians and Coloured Lenses.

An examination by an optometrist is recommended, to check that there are no underlying eye problems.

If you like, you can be tested for coloured lenses. This website has a list of opticians who specialise in Visual Stress Dyslexia and coloured lenses and have agreed a fair code of practice:

[www.s4clp.org.uk](http://www.s4clp.org.uk)

Crossbow Education Ltd  
Tollgate Court Business Centre  
Tollgate Drive  
Stafford  
ST16 3HS

[www.crossboweducation.co.uk](http://www.crossboweducation.co.uk)

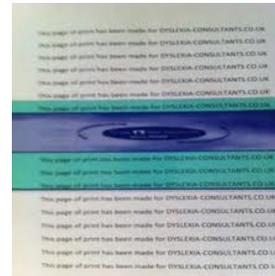
Visual Stress describes the discomfort some people feel when looking at text for long periods. Symptoms vary, but can include headaches and migraines (especially when working at the computer), eye strain and words or letters appearing to "jump" or move on the page.

Research has shown that around 20% of the population suffer to varying degrees from visual stress.

Reading through an overlay of the right colour can reduce the symptoms or remove them altogether.

Reading Rulers are small tinted strips (8" x 3" or 200 x 75mm) with tracking lines on them. Laying them over the print to be read can stop eye strain and words jumping around, making reading an enjoyable experience. They are fun and unobtrusive to use. If you have one, use it for a few

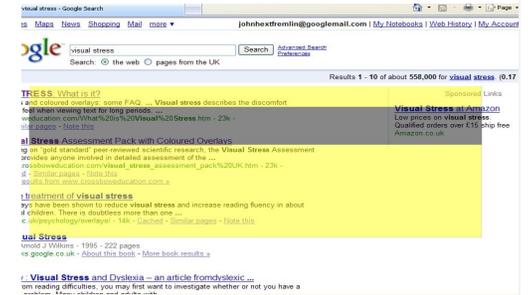
weeks. You will have a good idea after that if you have the right colour and if you want to use other items (for example coloured note books or paper).



**Monitor Overlays.** You can change the background colour in your windows preference but you can't change the colour of a web page background. Monitor overlays deal with this and also the shimmering glare from the surface of the screen itself. Crossbow Education monitor overlays simply stick to your screen by static electricity, effectively reducing the glare, allowing you to comfortably work for much longer periods of time.



**Virtual Reading Ruler.** The Virtual Reading Ruler is a mobile tinted overlay that "floats" above any application and is moved around the screen with the mouse. Different line settings can create opaque blocks, "windows", or underlines in any position. The height and width of the ruler can also be adjusted to the desired size. Because they are virtual they don't deal with the surface shimmer, but they are brilliant for reading online as the line assists with tracking.



**A4 Overlays.** Full sized coloured overlays can be useful in an exam or revision and research where you are glancing around the page and going back and forth to the same page. It can just be left in place over the whole page. Other useful applications are for reading sheet music and machining patterns. Overlays can easily be cut in half to use with smaller pages or to keep in dictionaries and other reference books.



**Lighting Conditions.** The type of lighting read under can also have drastic affects. Sometimes, reading under fluorescent strip lights (as are often seen in classrooms) can cause discomfort because they flicker and do not produce a steady constant level of light. The best light to read under is daylight, out of direct sunlight. Next is the classic filament bulb, followed by the energy saving halogen bulb, which although aren't as bad as the strip lights, do still flicker slightly. Ask to sit near a window if you can.