

When you are reading, do words ever :-

go blurred? ☐  
jump around? ☐  
get smaller/bigger? ☐  
fade or disappear? ☐  
have faint colours round them? ☐

Do you find reading uncomfortable or painful? Yes ☐ No ☐

If yes, please describe what makes reading painful.....

Does the glare produced from the page ever make it difficult to read the text? Yes ☐ No ☐

Do you find focusing on the text on a page difficult? Yes ☐ No ☐

Does reading under fluorescent lights make reading harder ☐ easier ☐ or no change ☐?

Do you ever experience sore or tired eyes? Yes ☐ No ☐

Does reading for long periods of time give you a headache? Yes ☐ No ☐

Have you ever used a coloured filter for reading? Yes ☐ No ☐

If Yes, please give details of the type of filter (plastic overlay or lenses), when you started using it, and for how long.....

Do you ever experience double vision (see two things when there is only one)? Yes ☐ No ☐

### Visual Behaviour

Have you or anyone else ever noticed that you:

hold reading unusually close: ☐  
- or far away: ☐  
close or cover one eye: ☐  
frequently rub eye(s): ☐  
blink excessively: ☐  
tilt head when reading or writing: ☐  
move head when reading: ☐  
use finger as a marker: ☐  
confuse letters or words: ☐  
reverse letters or words: ☐  
skip, re-read or omit words or lines: ☐  
read slowly: ☐  
tire easily: ☐  
have poor general coordination: ☐  
are light sensitive: ☐

Have you ever been told you are 'dyslexic' or have learning difficulties? Yes ☐ No ☐