

Where to find suppliers

Visit the Society for Coloured Lens Prescribers, to find your nearest coloured lens prescriber:

www.s4clp.org

In Shropshire:

Shrewsbury Optometry:

01743 233 486

Evernett Optometry:

01746 763330

Spec Savers Newport:

01952 924221

Spec Savers Telford:

01952 924262

“Overlays are good but not as good as the precision tinted lenses”



The
Dyslexic
Dyslexia
Consultant

It is really important to understand that coloured overlays and precision tinted lenses

DO **NOT cure** dyslexia, and that Visual stress is NOT Dyslexia!

About Visual Stress



Possible Symptoms



Do your eyes ache or get sore when reading?

Do your eyes get watery or feel sandy when reading?

Does text go blurry or hazy when reading?

Does looking at black text on white paper hurt your eyes?

Does reading make your eyes feel sore, fuzzy or even fizzy?

Do you get tired when reading?

More symptoms...

Do words jump, swirl, move, wobble, flicker or move around the page when you read or look at text?

Do you prefer to read in dim light?

Do you like reading with sunglasses on?

Do you get headaches from reading?

These are just some examples: It is really important to seek professional advice and guidance. The back page has a web link to practitioners.



The Process



Stage 1: Overlay testing. Finding the right colour for you, but remember overlays are for temporary use only!

Stage 2: Trailing the overlay. You may be asked to trial the overlay for up to two months, to check if you need to continue onto Stage 3.

Stage 3: Colorimeter Test. At Stage 3, you look into a machine called a colourimeter, this is to find out what 'specific' colour you need your lenses to be. These will be your precision tinted lenses.

Stage 4: Tinted Lenses. A pair of lenses are dipped to create your very own precision tinted lenses, using the colour determined in Stage 3. These are then fitted into the frames you choose or provide.

