

Coloured Overlays

Introduction

Some people experience problems when they view text for prolonged periods. These difficulties include blurring, visual distortions, discomfort and headaches.



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The first thing these people should do is to have a thorough eye examination with an Optometrist (Optician) and Orthoptist, since their symptoms may require treatment with eye exercises or glasses.

If the problem cannot be resolved by glasses or eye exercises alone, then they may be helped by viewing text through coloured overlays or lenses. You have been issued an overlay to explore this possibility.

An overlay is an inexpensive way of trying colour. If this sheet helps then you would probably experience benefit from tinted lenses in glasses.

How to use the Overlay

When you are reading, simply place the sheet over the page. You may need to position the text or the lighting to avoid reflections from the surface of the overlay.

When to use the Overlay

Use the overlay as much as you like. The purpose of the overlay is to see if it helps, the trial period will not have been a failure if it tells us that it is not advisable to use tinted lenses.

What to do if the Overlay helps.

If you feel that the Overlay helps this could be for two reasons. It could appear to help simply because it makes the page look different, or it could be making the page easier to read. If the overlay is simply making the page look different then this effect will probably wear off and tinted lenses in glasses are not appropriate. If it makes reading easier, then tinted lenses may be helpful.

Coloured Overlays

We suggest that children should have the overlay to use for about one school term before deciding whether it is worth trying tinted glasses. If children seem to become bored with the overlay and stop using it then it is probably not worth while progressing to tinted glasses.

If children continue with the overlay, particularly if they have not had to be reminded to use it, then this is a positive indicator that they may benefit from colour. If after about a school term a child is still voluntarily using the overlay then they are likely to benefit from tinted glasses.

Coloured lenses in glasses are more convenient to use than an overlay. They may help more than an overlay because the colour of the lenses can be more accurately specified. For optical lenses the colour of the glasses is likely to be different to the colour of the overlay.

An instrument called the Intuitive Colorimeter can be used to select the best colour to tint glasses for a given person. With this equipment and an associated system of precision tinting, the precise colour of the tint that may help a person can be identified and specified.

Assessment for coloured glasses

If you would like to be assessed for tinted glasses then please ask your Orthoptist for the details of assessment locally.

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.