

# Tips for Light Sensitivity

Wear a hat with a brim or a visor.



Get glasses with tinted clip-ons for various lighting conditions. If you cannot find acceptable tints ask us to sample our selection of tints. Try not to wear colored lenses full time since they can affect hormone balances.

Try Polaroid lenses.

Turn down contrast, and/or brightness on your computer, tablet, and phone. Consider "invert color" to get a negative screen with a black background.

Go to [irlen.com](http://irlen.com) to sample the color overlays available to use over books, and papers.

Avoid refined sugar, and drink plenty of water.



Gently expose yourself to outdoor sunlight. Going for a walk is an excellent way to get sunlight exposure. Do this for brief exposures several times a day as tolerated, considering that early morning and evening may be a more comfortable time to start to get your internal brightness meter reset.

Nutritional supplements have been found to decrease light sensitivity. 100 mg of Co-Q 10, 250 mg of magnesium, and a Vitamin B Complex are the most recommended. Check with your family doctor, or neurologist before starting any nutritional supplements.

\*\*Note that many drugs cause light sensitivity. Check with your physician if any of your medications are causing your light sensitivity. DO NOT expose yourself to sunlight as described above if your light sensitivity is due to medication.