Overlays Sample

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How to use

Ensure you are sitting in natural daylight

Adjust the device lighting level so that this page background appears as close as possible to white paper

Support or hold the device at normal reading or working distance

Ensure you maintain the same position whilst viewing each page

Briefly glance along each line of text on each page - go back and forth as much as you want

What to look for

Can you read more quickly, track to the start of each new line more easily, on one of the pages?

Does reading one of the pages simply feel easier?

Results

If the answer to either of the above questions is Yes - coloured overlays and/or colorimetry could be beneficial

Consider booking an initial Eye Examination with a view to then having an overlay assessment

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Coloured overlay sheets can help some people to read more quickly by changing the way their brain builds up an image of the words.

Sometimes lines of text in a book can also appear to jump and it is easy lose your place on the page. Coloured overlay sheets can also help with this.

Try reading the text on each page and see if one of the colours make a difference to you. If one colour helps, let someone know.

Light Green

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Green

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Aqua

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Light Yellow

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Yellow

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Orange

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Pink

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Purple

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Light Blue

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Blue

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