

Use of Irlen Lenses – Board Position Statement

The Board has received a few enquiries seeking the Board's comment on the diagnosis and treatment for Irlen syndrome. It is not the Board's role to give opinion on particular modes of treatment, but the Board would like to highlight the following points in regards to the use of Irlen lenses:

- The use of Irlen lenses in the treatment of reading difficulties is controversial.
- There is limited scientific evidence that Irlen syndrome exists or that treatment of reading difficulties with Irlen lenses works.
- Irlen syndrome is not recognised by the medical community or the World Health Organisation (WHO).
- There is no documented evidence that Irlen lenses are harmful, but may divert time and resources away from proven strategies which help with reading, e.g. explicit phonic instruction.

October 2019