The Irlen Institute Announces Eleventh Annual International Awareness Week for Visual Processing Disorder

October 27, 2025

Long Beach, California - October 27, 2025 -
The Irlen Institute marks the eleventh annual International Irlen Syndrome Awareness Week that took place from October 13-17, 2025, drawing attention to a visual processing disorder that affects approximately 15 percent of the general population. The global awareness campaign educates the public about Irlen Syndrome, a condition that impacts the brain's ability to process visual information and can cause significant challenges in daily functioning.

Irlen Syndrome manifests through various symptoms, including light sensitivity, headaches or migraines, reading difficulties, eye strain, and distorted perception of printed text or environmental surroundings. Despite affecting millions worldwide, the condition remains undetected by standard educational and medical testing protocols, leading to widespread misdiagnosis and unnecessary suffering.

The statistics surrounding Irlen Syndrome reveal its extensive impact across different populations. Research indicates that 50 percent of individuals with reading and learning difficulties, 30 percent of people diagnosed with ADHD and autism, and approximately 15 percent of the general population struggle with this condition.

The syndrome has also been linked to brain injury, chronic headaches, and persistent migraines.

"Irlen Syndrome is more common than heart disease or asthma, yet most sufferers remain unaware of the true source of their problems," said Sandra Tosta, Ph.D., spokesperson for The Irlen Institute. "Through International Irlen Syndrome Awareness Week, we aim to move away from costly misdiagnoses and help individuals access readily available solutions that can dramatically improve their quality of life."

The awareness week featured multiple educational initiatives designed to reach diverse audiences. Beginning with the release of ?When Light Overwhelms the Brain,? a new video explaining the impact of light on brain function, other awareness activities included webinars, lectures, and complimentary mini-screenings for Irlen Syndrome. Testimonials shared personal experiences with the condition, and complimentary consultations and self-tests were available online through the Irlen Institute's website.

The consequences of undiagnosed Irlen Syndrome extend beyond physical symptoms. Untreated individuals may experience academic and workplace challenges, ongoing physical and emotional distress, and in some cases, increased likelihood of involvement with the criminal justice system. Early identification and treatment through specialized spectral filters can significantly improve visual processing and overall quality of life.

The Irlen Institute, founded by Helen Irlen, pioneered the use of color-based technology to address visual processing difficulties. The organization's research, initially conducted under a federal grant, demonstrated that personalized spectral filters could significantly improve visual processing. This innovative approach has since helped millions of individuals worldwide through specialized lenses and overlays.

The Irlen Institute maintains a global network of more than 170 affiliated clinics and thousands of certified screeners across 46 countries. The organization collaborates with nonprofits and institutions, including the Irlen Syndrome Foundation and The Semper Fi Fund, to facilitate identification, intervention, and care for individuals with Irlen Syndrome. The Institute continues to conduct research and develop solutions for those affected by light-based visual processing difficulties.

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The Irlen Institute

The Irlen Institute, founded by Helen Irlen in 1983, has helped over a million people worldwide through its

comprehensive diagnostic process and innovative technology.

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