The Irlen Institute Announces Leadership Transition with Sandra Tosta as New CEO

February 12, 2026

Long Beach, California - February 12, 2026 -
The Irlen Institute, a global organization specializing in interventions for light-based visual processing problems, visual stress, and light sensitivity, announced today that Sandra Tosta has been named Chief Executive Officer and President of the organization. Helen Irlen, who founded the institute and pioneered the field of color-based visual processing solutions, has transitioned to the role of CEO Emeritus.

The leadership transition marks a new chapter for the organization that has helped millions of adults and children worldwide improve their quality of life through innovative spectral filter technology. Tosta brings extensive experience in expanding healthcare access and will lead the institute's continued mission to address Irlen Syndrome, a condition affecting visual processing that can cause reading difficulties, headaches, and attention challenges.

"This transition represents both continuity and evolution for the Irlen Institute," said Sandra Tosta, CEO and President. "Helen Irlen's groundbreaking work has transformed countless lives over several decades, and I am honored to build upon that foundation while expanding our global reach and advancing our research initiatives. Our focus remains steadfast on helping individuals overcome the challenges of light sensitivity and

visual stress through proven color-based interventions."

The Irlen Institute has established a worldwide presence with certified providers in 46 countries, offering comprehensive services including syndrome identification, provision of colored overlays and spectral filters, self-testing options, and professional training programs. The organization's innovative approach has garnered recognition from major news outlets including NBC News, ABC News, and CBS News.

Under Tosta's leadership, the institute plans to enhance its professional certification programs, enabling more diagnosticians and screeners to identify and support individuals suffering from visual processing difficulties. The organization will also continue its pioneering research and development in spectral filter color lens technology, a field where it has maintained leadership since its inception.

"The opportunity to serve individuals with Irlen Syndrome at this scale is both humbling and energizing," added Tosta. "We are committed to advancing the scientific understanding of Irlen Syndrome while ensuring that our solutions remain accessible to those who need them most. Helen's vision of a world where visual processing challenges no longer limit human potential continues to guide our work."

The Irlen Institute specializes in identifying and mitigating Irlen Syndrome, also known as visual stress and scotopic sensitivity. The organization provides Irlen colored overlays and Irlen Spectral Filters, which are worn as glasses or contacts to address underlying perceptual processing difficulties and light sensitivity. These solutions help alleviate symptoms that can significantly impact reading ability, academic performance, and overall quality of life. The institute also offers comprehensive training for professionals seeking certification in the Irlen Method and maintains an active research program to develop new solutions for individuals with light-based visual processing difficulties.

###

For more information about The Irlen Institute, contact the company here:The Irlen InstituteSandra Tosta562-496-2550sandy@irlen.com5380 E. Village RoadLong Beach, CA 90808

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.

Website: https://irlen.com/

Email: sandy@irlen.com

Phone: 562-496-2550