



YES/NO Questions

- Do you wear glasses for your reading?
- Do you enjoy reading?
- Do you think you should be able to read faster?
- Do you understand what you read as well as you would like?
- Is it an effort to maintain your concentration while reading? (Short attention span.)
- Do you tend to skip words or lines of print while reading?
- After reading, do you look up and notice that distant objects are momentarily blurred?
- Does print tend to appear blurry after reading for a while?
- Do your eyes itch, burn, water, pull or ache?
- Do words appear to float or move while reading?
- Do you tend to lose your place while reading or copying?
- Do you tend to use your finger or a marker to keep your place while reading or copying?
- Do you have to re-read words or lines while reading?
- Do your eyes feel tired at the end of the day?
- Do you sometimes have to squint, close or cover one eye when reading?
- Do you ever experience headaches during or after reading?
- Are you especially sensitive to sunlight or glare?
- Are you aware of any tendency to move your head closer to, or away from what you are reading?
- If you use a computer, does the video (VDT) screen bother your eyes?
- How long can you read before you are aware of your eyes getting tired?
- How many hours daily do you spend at a desk, or reading, or at other arm's length vision distances?

Judging from the results of your answers, please contact us on 021 887 4603.

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