

Focus line and Irlen overlays: a clinical note

background

Meares-Irlen syndrome (visual stress) and ADHD-related attentional drift can both present as 'losing the line' when reading. Different mechanisms, similar surface behaviour. The interventions for each are complementary.

the focus line

- Mechanism: attentional. Surrounding text is dimmed, reducing competing visual signal.
- Best evidence: ADHD readers, dense single-column text.
- Available in Wobble Settings as Reading ruler.

tint overlays

- Mechanism: visual. Reduces glare and contrast for sensitive readers.
- Best evidence: Meares-Irlen / Irlen syndrome.
- Available in Wobble Settings as Colour tint (rose, peach, yellow, mint, sky).

layering them

- Start with tint. Let the pupil pick the colour that feels calmest. This is individual.
- Add the focus line if the pupil still loses their place after tinting.
- Review after two weeks. Either intervention may become unnecessary as reading stamina builds.

documentation

For EHCPs / IEPs, record the specific tint and whether the focus line is in use. Wobble settings persist on the device, so the configuration is reproducible session to session.

referral note

Persistent visual stress despite tint and focus line should prompt an Irlen / behavioural optometry referral. Wobble does not diagnose.