



# Migraine Action

ASSOCIATION

## Flicker and Glare

Some people are aware that flickering lights can be a trigger for a migraine attack. There are ways of reducing the effect through small changes in the work or home environment.

- Ensure that lighting is adequate and well positioned.
- Fluorescent lighting should be properly maintained to minimize flicker.
- Fluorescent lights should be fitted with the correct type of diffuser to imitate natural daylight as much as possible.
- Avoid reflected glare from shiny/polished surfaces, plain white walls etc, opt for matt finishes and break up surfaces with pictures, posters or plants.
- Fit adjustable blinds to windows.

### DAZZLE

Some members report that their migraine is almost instantly triggered by bright colours or patterns; stripes or zigzags, chequered designs, especially on floors (black and white tiled floors seem to be the main culprit).

### VDUs

The increasing use of computers both at work and at home has been found to cause problems for many of our members – e.g. time off work or a need to change career

- Adjust and maintain computer screens to eliminate flicker or glare (e.g. static rather than pulsating cursors).
- Position computer screens to avoid reflection from windows.
- Get a good adjustable chair and find ergonomic designs for your workstation, paying special attention to seating position and posture.
- Insist on a VDU that has a rock steady display.
- Set brightness down to the minimum legible level.
- Take regular breaks from the computer.
- If using a VDU at work, see the Health and Safety Executive Guidance notes for VDUs and discuss with your boss.

### Contact details for glare filters, glasses and lenses found helpful by some of our members:

**Freshlite** - Rose tinted Spectacles – website: [www.freshlite.com](http://www.freshlite.com)

**Tinted Filter glasses** - Medi-View Ltd, 20 Longcroft Road, Edgware, Middlesex HA8 6RR. Tel: 0208 933 7914 . Fax: 0208 952 2066

**Irlen Lenses** - Irlen Centre, 137 Bishop's Mansions, Stevenage Road, Fulham, London SW6 6DX. Tel: 0207 736 5752

**Solar Shields** - Amalgamated Products Direct, 3 Wardleworth Way, Wellington, Somerset TA21 0BA. Tel: 01823 664254 or email: [David@flowertower.co.uk](mailto:David@flowertower.co.uk)

**Comfort 41** - This information can be passed onto your optician for help but is not for patients to use directly. Cambridge Optical, Bridge House, PO Box 76, Saxon Way, Bar Hill, Cambridge CB3 8SH. Tel: 01954 785100

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For further information, please contact the Migraine Action Association:

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