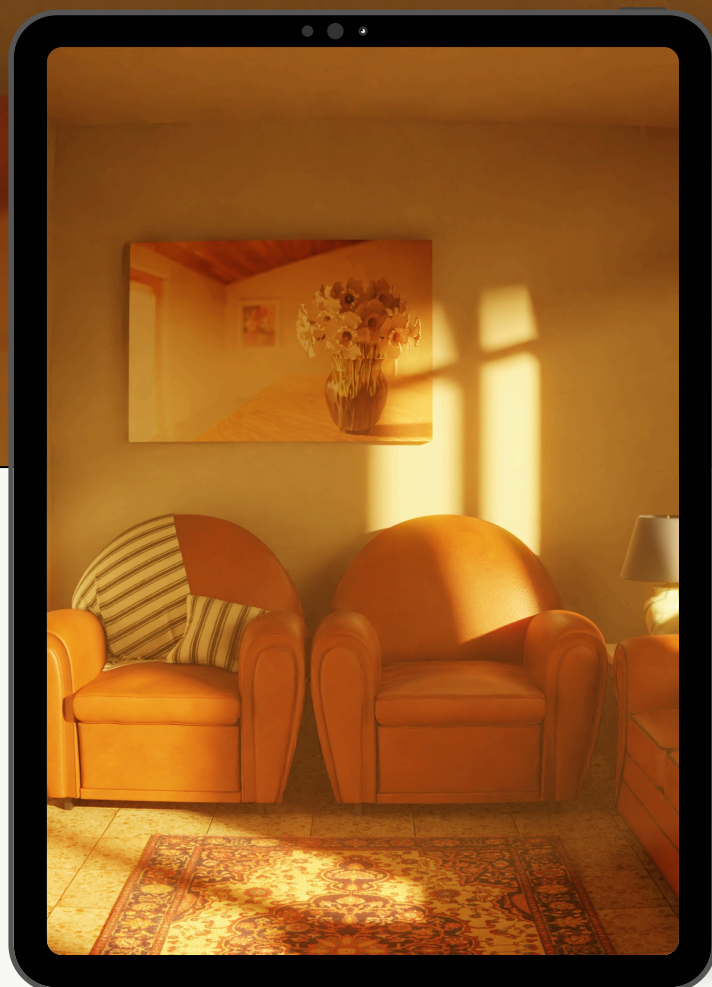


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FREE GUIDE:

Light Sensitivity and World Perception

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Design Comfort



TRY THESE TO CREATE COMFORT AT HOME

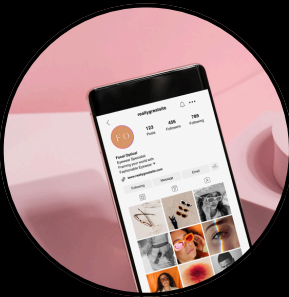
- BRING IN NATURAL LIGHT - SUNLIGHT IS GOOD FOR YOU
- SMART LIGHTING OR LIGHT BULBS
- LAMPS
- LED TAPE LIGHTING BEHIND COUNTERS, EDGES, LARGE ITEMS

TRY THSRE TO CREATE COMFORT IN PUBLIC

- WEAR SUNGLASSES
- WEAR YELLOW TINTED GLASSES
- WEAR A HAT
- ALLOW FOR BREAKS WHEN EXPOSED TO HARSH LIGHTING
- IDENTIFY YOUR SIGNS OF SENSORY OVERWHELM OR ANXIETY RISING
- BRING FIDGETS
- BRING A COMFORT ITEM THAT FITS IN YOUR POCKET



Why The *Yellow Sunglasses?*



Funky &
Functional

The Key is COLOR

There is research and different shade glasses specifically made to filter specific wavelengths.



Balance Quality & Price

Sometimes testing a simple cheap option is good. Get a feel for it; the simple ones may work perfectly for you!