


































Top Tips (what works, what doesn't, and what is unsure)

No	Tip	Help	Unsure	No Help
1	Window			
2	Back			
3	Eyepatch			
4a	Luminance down			
4b	Contrast down			
5	45 min only			
6	No dark red			
7	No stripey moving patterns			
8	Cap			
9	Tinted sunglasses			
10	Enough sleep			

taken from *Photosensitivity: A Seat up the Back near the Window, please.* Sproul (2014)