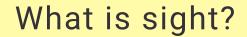
SIGHT

Our sense of vision



Sight is our sense of vision, it allows us to view our surroundings and perceive, depth, distance, and movement.

What does oversensitivity look like?

If you're oversensitive to it you might:

- find bright lights unpleasant and painful
- have difficulty sleeping if there's any light
- have difficulty in crowds or places with lots of movement

What helps?

- having lights that can be dimmed
- sunglasses or glasses with coloured lenses
- black out curtains when sleeping
- hats with large brims, to block sunlight

What does undersensitivity look like?

If you're undersensitive to it you might:

- not notice small details in surroundings
- need to be in well lit rooms to take in surroundings well
- need to have objects right in front of you
- have poor depth perception and so appear clumsy

What helps?

- bright colours to provide stimulation
- well lit rooms
- coloured signs, visuals, and objects
- objects put away to avoid injury

