

# SIGHT

## Our sense of vision

### What is sight?

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 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?

- 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 helps?

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