

Illume Glasses – Information Sheet

At Children's Therapy Services, we use a range of evidence informed tools to support children's neurological development, sensory processing, and self-regulation. One of these tools is Illume Glasses, a simple but powerful way of stimulating specific areas of the brain to improve focus, emotional regulation, and functional skills.

This information sheet explains what Illume Glasses are, how they work, and why we incorporate them into therapy sessions.

What Are Illume Glasses?

Illume Glasses are therapeutic coloured-lens glasses designed to gently influence how the brain receives and processes visual information. Each colour stimulates a different neurological response, meaning the glasses can help activate or calm specific brain networks depending on the child's needs.

Why Do We Use Illume Glasses in Our Clinic?

Children presenting with developmental, behavioural, or sensory challenges often show signs of hemispheric imbalance meaning one side of the brain may be underactive, overactive, or processing information less efficiently.

Functional neurology uses targeted stimulation to strengthen the weaker hemisphere and improve communication between both sides of the brain. Illume Glasses are a gentle, non-invasive way to support this process. Illume Glasses help therapists activate the required hemisphere to restore balance and improve whole-brain functioning.

We use Illume Glasses to help:

- Regulate the child's arousal level
- Improve attention and emotional control
- Support sensory integration
- Enhance motor planning and coordination
- Improve left/right brain communication
- Prepare the brain for learning and therapy activities

How Illume Glasses Help Children

For Children with ADHD

- Supports improved focus and sustained attention
- Helps regulate hyperactivity or under-arousal
- Enhances impulse control
- Improves visual tracking for learning tasks
- Assists with balancing left/right brain activation

For Children with Autism

- Supports sensory regulation
- Can reduce visual overload
- Helps improve emotional control
- May improve social engagement by regulating arousal levels
- Assists with balancing left/right brain activation

For Children with Sensory Processing Differences

- Reduces visual stress
- Helps with light sensitivity
- Supports calming of the nervous system
- Improves eye–brain integration for movement, coordination, and posture
- Assists with balancing left/right brain activation

For Developmental Delays or Learning Difficulties

- Strengthens neural pathways
- Supports improved motor planning
- Helps the brain organise information more efficiently
- Enhances readiness for reading, writing, and learning tasks
- Assists with balancing left/right brain activation

How can they be used during a Session?

Your therapist will:

1. Assess your child's neurological presentation, including postural control, sensory processing, reflexes, and signs of hemispheric imbalance.
2. Select the appropriate lens colour based on the child's needs.
3. Use the glasses while completing:
 - Balance and vestibular activities
 - Primitive reflex integration
 - Cognitive tasks
 - Visual–motor exercises
 - Emotional regulation strategies
4. Monitor changes in behaviour, posture, attention, or emotional state throughout the session.

The glasses can be used for short bursts or longer periods depending on the therapy goal.

What Are the Benefits?

Illume Glasses may support:

- ✔ Improved focus and attention
- ✔ Better emotional regulation

- ✓ Reduced sensory overwhelm
- ✓ Increased brain activation where needed
- ✓ Better left–right brain communication
- ✓ Enhanced readiness for therapy and learning
- ✓ Improved coordination and balance
- ✓ Reduced visual stress and fatigue

Are Illume Glasses Safe?

Yes. Illume Glasses are a non-invasive, gentle intervention that works through visual pathways to support neurological development. They do not replace optometry or medical advice but are used as part of a broader therapeutic plan.

Our Approach at Children's Therapy Services

We use Illume Glasses as part of an integrated model that may also include:

- Functional neurology assessment
- Occupational Therapy
- Primitive Reflex integration
- Sensory modulation work
- Behaviour and emotional regulation strategies

Every child's program is tailored to their individual neurological profile and therapeutic goals.