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FREQUENTLY ASKED QUESTIONS

- Q.** What reading difficulties does the Visual Edge Slant Board address?
- A.** The Visual Edge Slant Board is effective in addressing the first and foremost requirement in "Vision Hygiene" and stress reduction when reading. A sloping working surface **must be used** that is tilted at an angle between 20 and 23 degrees from the horizontal. The Visual Edge Slant Board is at 22 degrees, which has been proven through research to be the optimum angle. Remember when all school desks were slanted? They were designed this way for the very reason we have mentioned.
- Q.** What benefit does a slanted work surface provide?
- A.** When reading on a slanted surface at the appropriate angle the whole page of text is put in focus. This allows for less fatigue when reading, as the eyes do not have to refocus as you read down the page. This leads to easier and better tracking of the lines of text. Additionally the text characters remain consistent in presentation.
- Q.** Why must the slanted surface be at 22 degrees?
- A.** Pioneering research by Dr. Darrel Boyd Harmon and subsequent research by Drs. John Pierce and Steven Greenspan clearly prove a reduction of stress and improved performance when conditions are arranged properly for near-point visual activities such as reading and writing. It has been determined through research and practical use that 22 degrees to be the optimum angle.
- Q.** What other benefits does the Visual Edge Slant Board provide?
- A.** As shown by research, the appropriately slanted work surface will present all text characters at the same perspective. This allows the brain to spend less time trying to figure out what it is reading and spend more time understanding what it has just read. Additionally by using the Visual Edge Slant Board it naturally inducing the user to move into the proper position to achieve the Harmon Distance.
- Q.** What is the Harmon Distance?
- A.** The "Harmon Distance" is the optimal distance from the eyes to the working surface. It is the distance from the elbow to the first knuckle. This can only be assured with a proper chair height to desk relationship.
- Q.** How does the Visual Edge Slant Board reduce stress?



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- A. The Visual Edge Slant Board in combination with the proper sitting height allows you to naturally move into a posture that is conducive to better learning environment. You will naturally sit more upright and bend your head less. As research has shown this will lead to a reduced heart rate, a more regular and deeper breathing pattern and reduced neck muscle and overall body tension. Additionally your eyes are less strained as the whole page is in focus and the text characters are all in the same perspective.
- Q. How do I know my child is at risk of reading difficulties?
- A. Reading and writing are derivatives of vision and speech. As such there are numerous factors that cause difficulties. The symptoms vary, however there are key indicators that will be indicative of reading difficulties. Some of which are, Red, sore, or itching eyes, Head tilting, closing or blocking one eye when reading, Avoidance of near work, family history of literacy learning problems. Please refer to our section titled “SYMPTOMS OF PROBLEMS THAT LEAD TO READING DIFFICUTIES” for a more complete list.
- Q. How can my child have a problem reading if they have 20/20 vision?
- A. 20/20 eyesight represents only a very small part of the vision process. Behavioral optometrists differentiate between the terms “sight” and “vision”. “Sight” is the ability to see and the eye’s response to light shining into it. “Vision” is the ability to interpret and understand information that comes through the eyes.
- Q. How can I find out if my child has a “VISION” problem?
- A. The only reliable way to determine if your child has a “vision” problem is the evaluated by a Developmental Optometrist. A Developmental Optometrist can be found for your local area by referring to the College of Optometrists in Vision Development (COVD) website, www.covd.org or Optometric Extension Program Foundation (OEP Foundation) website at www.oepf.org
- Q. What is a Developmental Optometrist?
- A. Behavioral Optometrists spend years in post- doctoral education to master the complex visual programs prescribed to prevent or to normalize -visual problems and enhance visual performance. Behavioral optometry is an umbrella term, which also includes developmental and functional optometric practices. Not all practice behavioral optometry. To find one who does, call or write COVD or OEP Foundation for a referral list in your area.
- Q. Do only people with vision problems benefit from using a slant board?



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- A. No! All people will benefit from using a slanted work surface to read and write. For those with vision processing difficulties it is essential. However, everyone with using the Visual Edge Slant Board will experience the benefits of less fatigue, lower heart rate, lower blood pressure, more even breathing and less overall stress. A better learning environment for all!