

BOOKMARK FOR VISION TESTING

16 Eyesight is tuned coordination between mind and eyes.

14 It is more mental than physical. The eyes see but the mind must interpret and evaluate what is seen.

12 There are five basics components of mental sight: curiosity, contrast, comparison, memory and judgment.

11 Curiosity means intelligent visual search, i.e. looking around as if to see everything absolutely clear.

10 The best way to achieve curiosity is counting objects and colors.

9 Contrast indicates degrees of difference between foreground and background.

8 For example: the print on this bookmark will look blacker if you close your eyes for a moment and clearly imagine a sheet of clean, white paper before you open your eyes again.

7 Comparison is evaluating similarities and differences. Capital "H" and capital "N"

6 both have two parallel sides/lines, but "H" has a horizontal line and "N" has a diagonal line.

5 Memory is the sum of all our learned and remembered experiences.

4 Judgment is the summation, final result, interpretation or evaluation of what the eyes see.

3 Always work in daylight if possible. When you read or work at night, make sure you have a good lighting that consists of a full spectrum of colors. The best combination of light is as close to daylight as possible, i.e. LED "full spectrum" light. On your left, the light should be aimed at the object you are reading up close and, if possible, additional lights should be lit on the ceiling to illuminate the entire space.