

Name (Last, First, M.I.) _____

DOB: _____

DATE: _____

Please answer the following questions about how your eyes generally feel when reading or working on a computer.

		NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
1	Do your eyes feel tired when reading or using a computer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	Do you feel sleepy when reading or doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Do you see the words move, swim, or float on the page when reading or doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you notice the words blurring or coming in & out of focus when reading or doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	Do you feel a "pulling" sensation around your eyes when reading or doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	Do your eyes feel dry when doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you have headaches when reading or doing close work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you answered Question 7 with any answer but NEVER, please complete questions 8 - 13.

Circle the answer that best describes your headaches:

8	Do you feel your headaches are related to your sinuses?	Yes	No	Not sure		
9	Generally, when do your headaches start?	Upon waking	10am	3pm	6pm	
10	Where are your headaches located when they start?	Frontal	Temples	Top of head	Back of head & neck	Entire head
11	Where do your headaches progress to?	Frontal	Temples	Top of head	Back of head & neck	Entire head
12	Are your headaches generally:	1 side of head	Both sides of head	Over 1 eye	Over both eyes	
13	How long do they last?	Until I Go to sleep	Until I Stop near work	Until I Rest my eyes	Until I Take medicine	They leave on their own