

# The 5-minute Cover Test

## Do you notice a difference?

**Do you experience: Dizziness, Nausea, Headache, Neck Ache, Anxiety, Sensitivity to Light?**

Are these symptoms caused by your vision?

This easy, five-minute test may be the proof you need.

### 1. BEFORE

Which 2 symptoms are the most bothersome to you at this moment? Rate each symptom from 1-10, where 10 is the most severe and 1 is the least.

	1	2	3	4	5	6	7	8	9	10
Dizziness										
Nausea										
Headache										
Neck Ache										
Anxiety										
Sensitivity to Light										

### 2. GET READY

Set a timing device (your phone, kitchen timer, etc.) for 5 minutes. If you have glasses or contact lenses that you normally wear, wear them for this test.

### 3. DIRECTIONS

- You will need to cover one eye for this test. To determine which eye to cover, tilt your head towards each shoulder. One side should feel easier than the other.
- When you find the more comfortable side, cover the “high” eye with your hand. (Your “high” eye is the eye closest to the ceiling.)
- Now, return your head to the upright position.
- Keep both eyes open, but cover the “high” eye with your hand.
- Look 8-10 feet ahead, but at nothing in particular.
- **KEEP YOUR EYE COVERED.**

### 4. AFTER 5 MINUTES, Uncover your eye.

For the 2 symptoms you identified at the beginning of this test, consider how you feel right now. Rate each symptom from 1-10, where 10 is the most severe and 1 is the least.

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How do these numbers compare to before?

These results will be discussed with Dr. Gushiken at your vision evaluation.