

# Visual Snow Syndrome Diagnostic Criteria

- A. Dynamic, continuous tiny dots across the entire visual field persisting for more than three months.
- B. Additional visual symptoms of at least two of the following four types:
  - 1. Palinopsia (persistent recurrence of a visual image and/or trailing images after the stimulus has been removed)
  - 2. Enhanced entoptic phenomena\*
  - 3. Photophobia (sensitivity or intolerance of light, which can cause some people to avoid sunlight, computers, fluorescent lights, and car headlights)
  - 4. Nyctalopia (impaired night vision)
- C. Symptoms are not consistent with typical migraine visual aura
- D. Symptoms are not better accounted for by another medical condition

*\*excessive floaters in both eyes, excessive blue field entoptic phenomenon (uncountable little grey, white, or black dots or rings shooting over the visual field of both eyes when looking at homogeneous bright surfaces such as the blue sky), self-lighting of the eye (colored waves or clouds perceived when closing the eyes in the dark), and spontaneous photopsia (bright flashes of light)*

## Visual Symptoms:

- Visual snow (dynamic snow-like dots all over the field of vision)
- Photopsia (flashes of light) or small floating objects
- Photophobia (sensitivity to light)
- Palinopsia (continuing to see an image after it is no longer in the field of vision)
- Enhanced entoptic phenomena (seeing images within the eye itself)
- Excessive blue field entoptic phenomenon (numerous dots or rings moving across both visual fields when looking at a bright, uniform surface, e.g., blue sky)
- Diplopia (double vision)
- Nyctalopia (impaired night vision)
- Other visual effects, such as starbursts and halos
- Visual distortions

## Non-Visual Symptoms:

- Tinnitus (ringing, humming, or buzzing sounds)
- Depersonalization (feeling detached from yourself)
- Anxiety
- Depression
- Frequent migraines
- Brain fog and confusion
- Dizziness
- Nausea
- Insomnia and other sleep related-issues
- Paresthesia (tingling “pins-and-needles” sensations, commonly in the arms, hands, legs and feet)
- Sensory hypersensitivity / hyperesthesia
- Susceptibility to sensory overload
- Balance issues
- Tremors
- Cutaneous Allodynia
- Hyperacusis

**Note:** Above is a list of the most common symptoms associated with Visual Snow Syndrome. Please note this is not a full representation of every symptom that can occur or should warrant a Visual Snow Syndrome diagnosis.

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