

Optimizing Paper Brightness for Student Comfort & Performance

An Evidence-Based Guide for School District Procurement

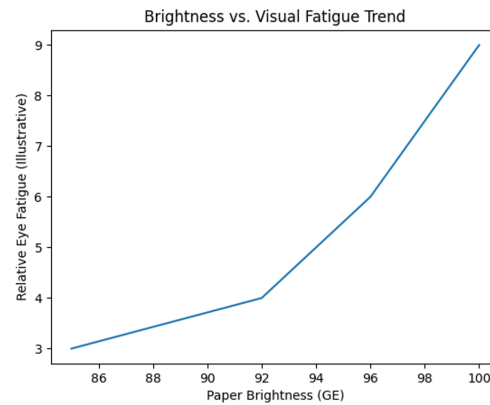
Selecting the right paper is more than a cost decision—it directly impacts student comfort, reading endurance, and accessibility. Research indicates that ultra-bright white paper can increase glare and visual fatigue, while moderate brightness and softer tones can improve readability and reduce strain.

WHY IT MATTERS

- Reduces student eye fatigue during extended reading
- Supports students with dyslexia and visual sensitivity
- Enhances classroom comfort under LED/fluorescent lighting
- Aligns with accessibility best practices

PAPER BRIGHTNESS COMPARISON

Brightness (GE)	Visual Impact	Best Use Case	Considerations
98-100	Very bright, high contrast	Marketing, limited reading	Higher glare, more fatigue
92-96	Balanced white	General classroom use	Optimal balance
Off-white/cream	Soft contrast	Worksheets, heavy reads	Improved comfort
Tinted (blue/green)	Reduced glare	Special education	Accessibility support



RECOMMENDED PAPER SPECIFICATIONS

- **Standard Copy Paper:** 92–96 brightness
- **High-Volume Reading Materials:** Soft white or cream
- **Special Education:** Tinted papers (light blue, green)
- **Finish:** Matte or low-gloss

CONCLUSION

The right paper brightness reduces visual fatigue, improves focus, and creates a more accessible classroom, making it a smart, cost-effective choice for student performance.

Supporting Research: Wilkins (2003) – Visual stress and reading | Evans & Allen (2016) – Systematic review on visual stress | Journal of Vision – glare and reading studies