

THE RULER METHOD

How to measure your pupillary distance.

YOU'LL NEED:



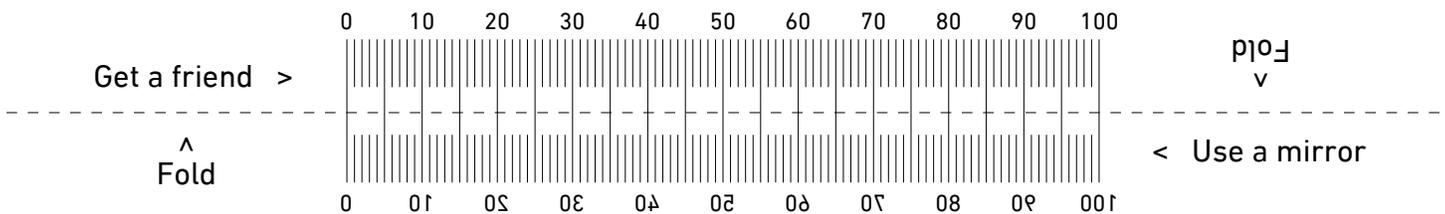
**MILLIMETER
RULER**



MIRROR

You can do this yourself in a mirror, but we recommend having a friend or family member measure your PD for you if possible.

1. Stand 8 inches (20 cm) away from the mirror or a friend.
2. Facing the mirror straight on, hold the ruler just below your eyes.
3. Close your left eye and align the ruler's zero to the center of your right pupil.
4. Still looking straight ahead, close your right eye and open your left eye.
5. Read the mm line that is directly over the center of your left pupil — this is your PD.
6. Repeat these steps 3 or 4 times to ensure an accurate measurement.



An average PD for an adult ranges between 58 and 65.



IMPORTANT

If this PDF is printed at the wrong scale, your PD measurement will be inaccurate. Place your credit card over this image to verify proper scale.