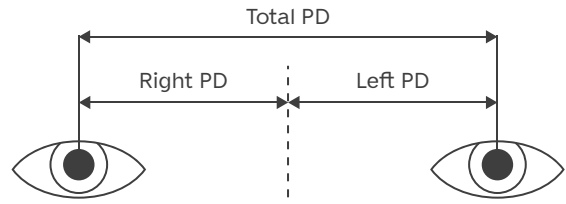


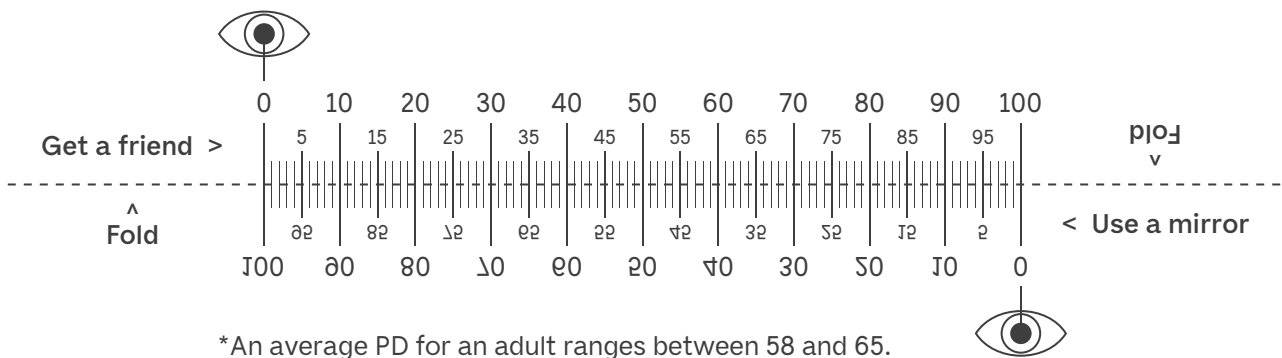
Pupillary Distance Ruler

Your Pupillary Distance, or PD, is the distance in millimeters (mm) between the center of one pupil to the center of the other.



How to measure your pupillary distance

1. Print out this page at 100% without scaling
(double-check the proper scale by placing a credit card below).
2. Fold the Pupillary Distance ruler in half along the indicated line.
3. Position yourself approximately 8 inches (20 cm) away from a mirror.
4. Close your left eye and align the 0 mm over the center of your right pupil.
Place ruler against forehead for stability.
5. Close your right eye and note the reading directly over your left pupil.
That will be your PD*.



*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.

Tips for printing at proper scale

Download and save file to your desktop and
open with Acrobat Reader (WIN or MAC).
Before printing, make sure page scaling is set
to "none". Preview (MAC). Before printing
make sure scale is set to 100%.