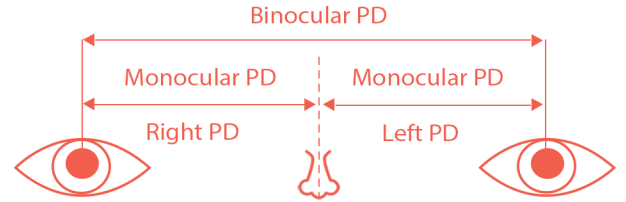


What is PUPILLARY DISTANCE or PD:

There are two ways to measure your PD: Binocular and Monocular:

- Binocular PD is the distance in millimeters between centers of both pupils.
- Monocular PD is the measurement in mm from the center of one pupil to the center of your nose bridge. This will give you two readings, one for the Right Eye and one for the Left Eye.

It is most accurate to measure your monocular PDs so your prescription lenses are perfectly aligned.



1 PREPARE A RULER

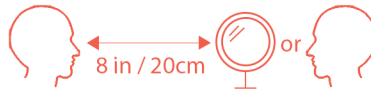
Either find a regular ruler with mm (millimeter) scales, or print this paper – the bottom has a ruler. If you print this paper, you should use letter size with NO SCALING setting (100%), and check “DRIVER’S LICENSE LENGTH” against your driver’s license to make sure the printed scales are accurate.

2a MEASURE WITH A FRIEND

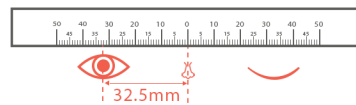
It is most accurate to measure your PDs with the help of a friend.

- Your friend needs to be at least 8 inches (or 20 cm) away from your eyes with her or his face aligned with yours and not at an angle.
- When measuring your right PD, you should close your left eye while your friend closes her or his right, and you look straight ahead.
- Have your friend place the ruler close to your eye and read the mm between the center of your pupil and the bridge of your nose.
- Write down the number with 0.5 mm accuracy.
- Switch eyes, repeat to measure your left PD.

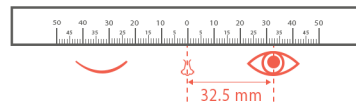
KEEP THE DISTANCE



CLOSE LEFT EYE TO MEASURE RIGHT PD



CLOSE RIGHT EYE TO MEASURE LEFT PD



2b MEASURE WITH A MIRROR

If no one is with you to help you, it is possible to measure yourself using a mirror.

- When measuring yourself with a mirror, you need to be at least 8 inches (or 20 cm) away from the mirror.
- When measuring your right PD, you need to close your left eye and look straight into mirror.
- Place the ruler close to your eye and read the mm (millimeter) between the center of your pupil and the bridge of your nose.
- Write the number down with 0.5 mm accuracy.
- Switch eyes and repeat to measure your left PD.

3 USING YOUR RIGHT PD AND LEFT PD

Measure both of your PDs several times to get consistent results, please note most adults have combined PD between 55 mm and 73 mm, while kids could have combined PD as low as 43.

If the difference between your left PD and right PD is less than 1.0 mm, you can add them together to generate a single number (Binocular PD); If the difference is 1.0 mm or greater, you should use both PD numbers (Monocular PD) when ordering prescription glasses.

