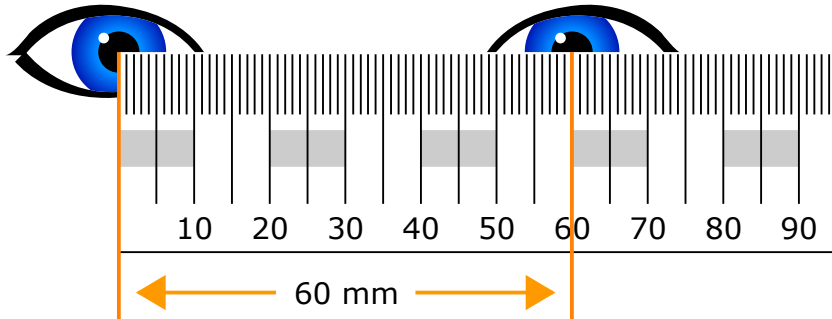


# Measuring your Pupillary Distance

Please print this page to measure your own PD with the use of a mirror



1. Fold this paper so that the fold is immediately below Ruler.
2. Place Ruler flat against your forehead and stand close enough to the mirror so that you can see the figures on the ruler.
3. With your RIGHT EYE closed (or covered), align the zero point on the ruler with the pupil of the open/uncovered LEFT EYE.
4. Then open/uncover your RIGHT EYE and closing/covering your LEFT EYE, take the ruler reading aligning to the centre of the pupil of your Right EYE. This reading is your PD.
5. For added accuracy - Repeat the reading 2 or 3 times and take the average of the results. (Even professionals get variation between readings).

If you have difficulty judging the centre of the pupil, the same measurement can be made using the outer margin of the iris (coloured part of the eye) of one eye and the inner margin of the iris of the other eye.



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