

HOW TO MEASURE

PD BY YOURSELF

A STEP BY STEP GUIDE

TOOLS NEEDED



Millimeter Ruler

Get a millimeter ruler or print this page and use the ruler at the bottom of the page.



Mirror

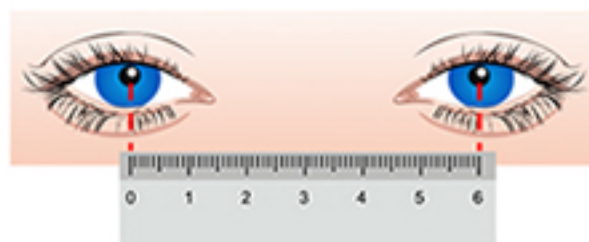
STEP 1 >>>>

Stand straight in front of a mirror.



STEP 2 >>>>

Place a simple ruler on your nose. The Starting point of your ruler can be either at exactly the centre of your left eye pupil or your right eye pupil.



STEP 3 >>>>

Your PD is the distance in mm between your pupils. PD = __ mm

