

# What power reading glasses do I need?

Print this out on A4 paper. Once printed this red line should be 25mm in length.



## Instructions

1. Hold this paper at distance of approx 35cm (14”) from your face.
2. Start reading the chart below beginning with the top row. If you can't read the top line clearly move to the next row.
3. When you reach a row you can clearly read, the reading glasses power that best suits your eyes is the number to the right of that row.

If this text is clear, your eyes will be happiest with this power.

**+1**

If this text is clear, your eyes will be happiest with this power.

**+1.5**

If this text is clear, your eyes will be happiest with this power.

**+2**

If this text is clear, your eyes will be happiest with this power.

**+2.5**