Reading Glasses Strength Chart

1   Print out this guide at actual size. Once printed, the line below should measure 1" in length.

2   Hold the printed chart or hang it on a wall about 14 inches away from your face.

3   Without wearing glasses or contact lenses, read the chart from top (smallest text) to bottom (largest text).

4   Once you find a row that looks completely clear, the number to the right of that line is your reading lens strength.

5   Tip: If you're having trouble deciding between two lines, then choose the line with the lower power to start with. It's better to wear lenses that are slightly weak than too strong. This chart is only meant as a guide, we strongly recommend contacting your optometrist to confirm the correct glasses strength for you.

If this line is clear, use glasses with a power of **+1.00**

If this line is clear, use glasses with a power of **+1.25**

If this line is clear, use glasses with a power of **+1.50**

If this line is clear, use glasses with a power of **+1.75**

If this line is clear, use glasses with a power of **+2.00**

If this line is clear, use glasses with a power of **+2.25**

If this line is clear, use glasses with a power of **+2.50**

If this line is clear, use glasses with a power of **+2.75**

If this line is clear, use glasses with a power of **+3.00**

If this line is clear, use glasses with a power of **+3.25**

If this line is clear, use glasses with a power of **+3.50**