

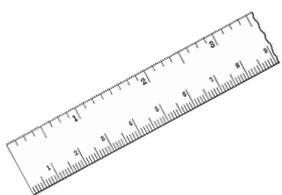
WHAT IS PUPILLARY DISTANCE?

The PD (Pupillary Distance) is the distance between your pupils measured in millimeters. This measurement ensures your prescription lenses are correctly centered in front of your eyes when purchasing new glasses. When fitting prescription glasses, it is important for lenses be correctly aligned with each eye and therefore mounted the correct distance apart. Every set of prescription lenses has an optical center which is determined by pupillary distance.

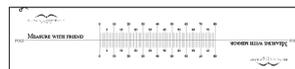
HOW TO MEASURE YOUR PUPILLARY DISTANCE?

STEP 1

You can use your ruler or print out this page with below BC ruler at 1:1 A4 size. If print out the ruler, cut it down and fold along the dotted line. Choose one side either you measure with friend or mirror. (*Please print out with the pdf file here : www.black-ceremony.com/pages/pd-measurement)

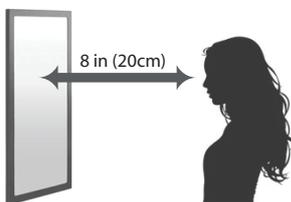


OR



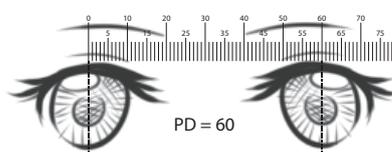
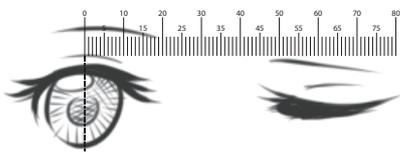
STEP 2

Stand 8 in (20 cm) away from your friend or mirror. Hold the ruler against your brow.



STEP 4

Close your right eye and align the ruler's zero to the center of the left pupil. Then open your right eye and close your left eye to directly focus to read the millimeter line that matches up with the center of your right pupil to get your PD measurement.

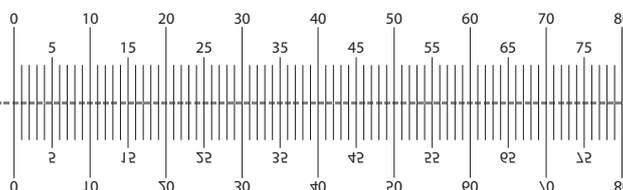


Tips: Generally, adults have a PD within the range of 54-68 mm and children within the range of 41-55 mm.



MEASURE WITH FRIEND

FOLD



MEASURE WITH MIRROR

FOLD

