

# MEASURING YOUR PUPILLARY DISTANCE

## 1 PRINT THE RULER

Print this page at 100% size using the NO SCALING setting.

## 3 LOOK IN A MIRROR OR FIND A FRIEND

Stand 8 in (20 cm) away from a mirror or a friend. Place & hold the PD ruler against your brow. Keep your face straight.

## 4 CLOSE YOUR EYE

Close your right eye and align the ruler's zero to the center of your left pupil.

## 5 READY. SET. MEASURE.

Try not to move your head or the ruler. First open your right eye and close your left eye. Look straight ahead and read the millimeter line that matches up with the center of your right pupil. This number represents your single PD in millimeters.

## WHAT IS PUPILLARY DISTANCE?

Pupillary Distance (PD) is the measurement from the center of one pupil to the center of the other. This measurement is used to make prescription glasses.

**Most adults have a PD between 54 - 74 mm.**

**Most children have a PD between 43 - 54 mm.**

## CHECK SCALE OF PRINT OUT

Double-check this print out to ensure size accuracy. Measure the paper against a ruler or take a credit card and place it on the graphic outline below..

