MEASURE YOUR PUPILLARY DISTANCE

1 PRINT YOUR RULER
Print this page at 100% and using the no scaling setting.

2 FOLD YOUR PAPER
Fold this paper along the dotted line below the ruler.

3 LOOK INTO A MIRROR
Looking in a mirror hold your ruler under your eyes.

4 CLOSE YOUR LEFT EYE
Position the ruler at the zero under your right eye and close your left eye.

4 MEASURE
Look straight ahead. Open your left eye and note the millimeter mark that meets the very center of your pupil. This number is your PD. Most adults have a PD equal to 54–74 and children are equal to 43–54.