

How to Measure Your Pupillary Distance

- 1** Stand 8 in. away from a mirror.
- 2** Hold a ruler against your brow.
- 3** Close your right eye then align the ruler's 0 mm with the center of your left pupil.
- 4** Look straight then close your left eye and open your right eye.
- 5** The mm line that lines up to the center of your right pupil is your PD.



Cut Out Ruler