

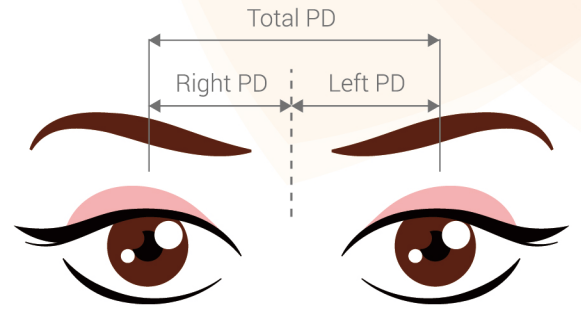
# How to Measure Your Pupillary Distance

## What is Pupillary Distance?

Pupillary distance (PD) measures the distance between the centers of your pupils. This measurement is used to determine where you look through the lens of your glasses and should be as accurate as possible.

The average adult's PD is between 54-74 mm; kids' are between 43-58 mm. Your eye doctor will usually measure your PD during an eye exam.

if you don't know your PD, the below 5 steps will help you measure it yourself.



## preparatory work

### Print

Print this paper on A4, without scaling, at 100%.

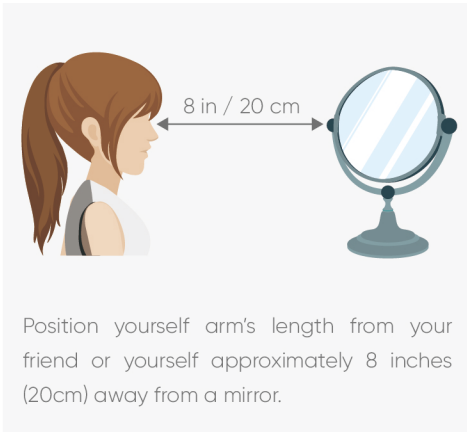
### Paper Cuttings

Use PD ruler at bottom of the page recommend to use a physical pd ruler or consult your ophthalmologist

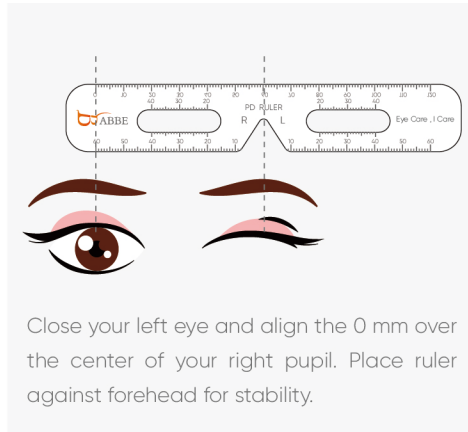


If a credit card fits in this box, your print scale is correct.

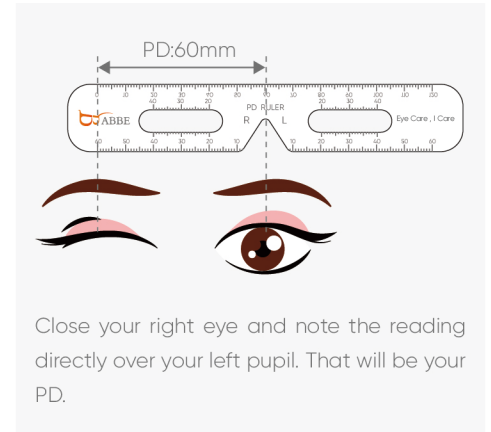
## Measure Your PD



Position yourself arm's length from your friend or yourself approximately 8 inches (20cm) away from a mirror.



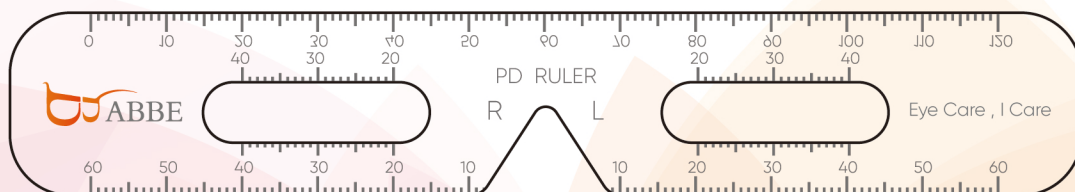
Close your left eye and align the 0 mm over the center of your right pupil. Place ruler against forehead for stability.



Close your right eye and note the reading directly over your left pupil. That will be your PD.

\*note the average pd is between 54&78mm. might be a bit different compared to practical measurement, please measure your pd 2-3times to ensure your get the accurate results

## Handwork Time



\*Please cut along the full line