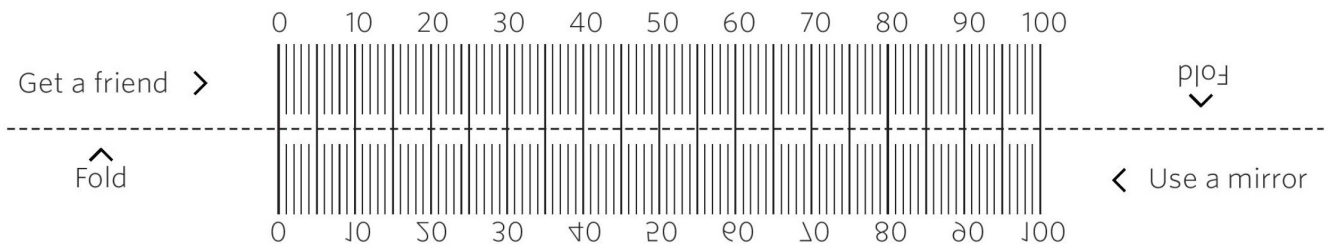


PD Ruler



How To Measure Pupillary Distance

1. Print out this page at 100% without scaling (double-check the proper scale by placing a credit card below).
2. Fold the PD ruler in half along the indicated line.
3. You may measure it yourself in the mirror or have a friend help you for more accurate measurements.
4. Place the PD ruler over the bridge of your nose with the 0 above the center of your left pupil.
5. Look straight ahead and mark the stop on the ruler that lines up with the center of your right pupil.



An average PD for an adult ranges between 58 and 65.

IMPORTANT

If this PDF is printed at the wrong scale, your PD measurement will be inaccurate. Place your credit card over this image to verify proper scale.

Tips for printing at proper scale:
Download and save file to your desktop and open with Acrobat Reader. Before printing, make sure page scaling is set to "none".
MAC users open with Preview and make sure scale is set to 100%.