

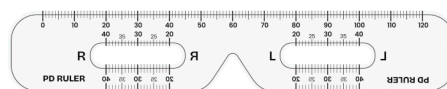
PD:

Pupillary Distance (PD) is the measurement, in millimeters, between the centers of your pupils. This measurement is essential for making prescription glasses because it helps position the optical center of each lens directly in front of your eyes.

PRINTABLE PD RULER



Print this page on A4
(without scaling, at 100%.)



Use the printable PD ruler provided at the bottom of this page. For greater accuracy, we recommend using a physical PD ruler or asking an optometrist or eye care professional to measure your PD.

STEPS TO MEASURE YOUR PD

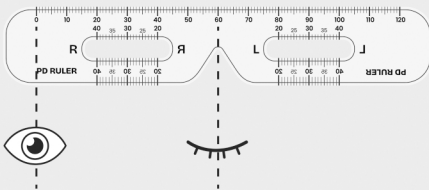
Adult PD typically ranges from 53 mm to 78 mm. Your result may vary slightly between measurements, so we recommend measuring two or three times and using the average for better accuracy.



8in/20cm

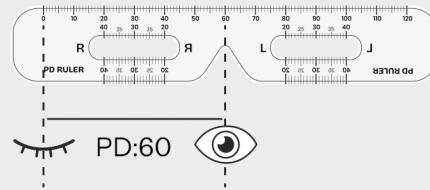
Step 1.

Stand about 8 inches (20 cm) from a mirror or position yourself at arm's length from the person helping you measure.



Step 2

Close your right eye and position the ruler so the 0 mm mark lines up with the center of your left pupil.



PD:60

Step 3

Close your left eye and read the millimeter mark aligned with the center of your right pupil. This measurement is your total PD.

PD RULER

