

PD GUIDE

Measure Your Pupillary Distance

Use a mirror, follow the four steps, and read the millimetre ruler.



1

STAND

Stand 8 inches away from a mirror on a flat surface.

2

LOOK

Look straight ahead.
Keep both eyes open and relax your face.

3

COVER

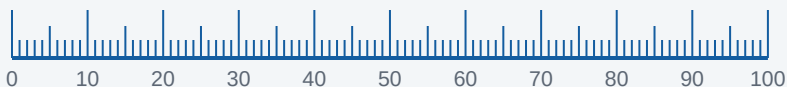
Look straight ahead.
Cover one eye, then the other.

4

RECORD

Record the measurement shown by the ruler.

PRINTABLE PD RULER · 0–100 mm



CREDIT-CARD SCALE CHECK

Print at 100% / Actual size — turn off “Fit to page.”

Place a bank card on the outline first. If it matches edge-to-edge, the printed scale is true. Any standard bank or ID card measures 85.60 × 53.98 mm.

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