



How To Measure Your PD (Pupillary Distance)

Pupillary distance is the distance measured in millimeters between the centers of the pupils of the eyes.

1. Print this page (be sure print scale is set at 100%).
2. Cut along the dotted line to remove the ruler from bottom portion of the page. Fold ruler in half. (One side is used for taking the measurement in a mirror, the other is for taking the measurement on someone else).
3. Hold the ruler against the forehead and align the 0 mm over the center of the right pupil. (This will be opposite if someone else is taking the measurement).
4. Take note of where the ruler hits the center of the opposite pupil, this number is your PD.

Most adults have a PD between 54-74mm

