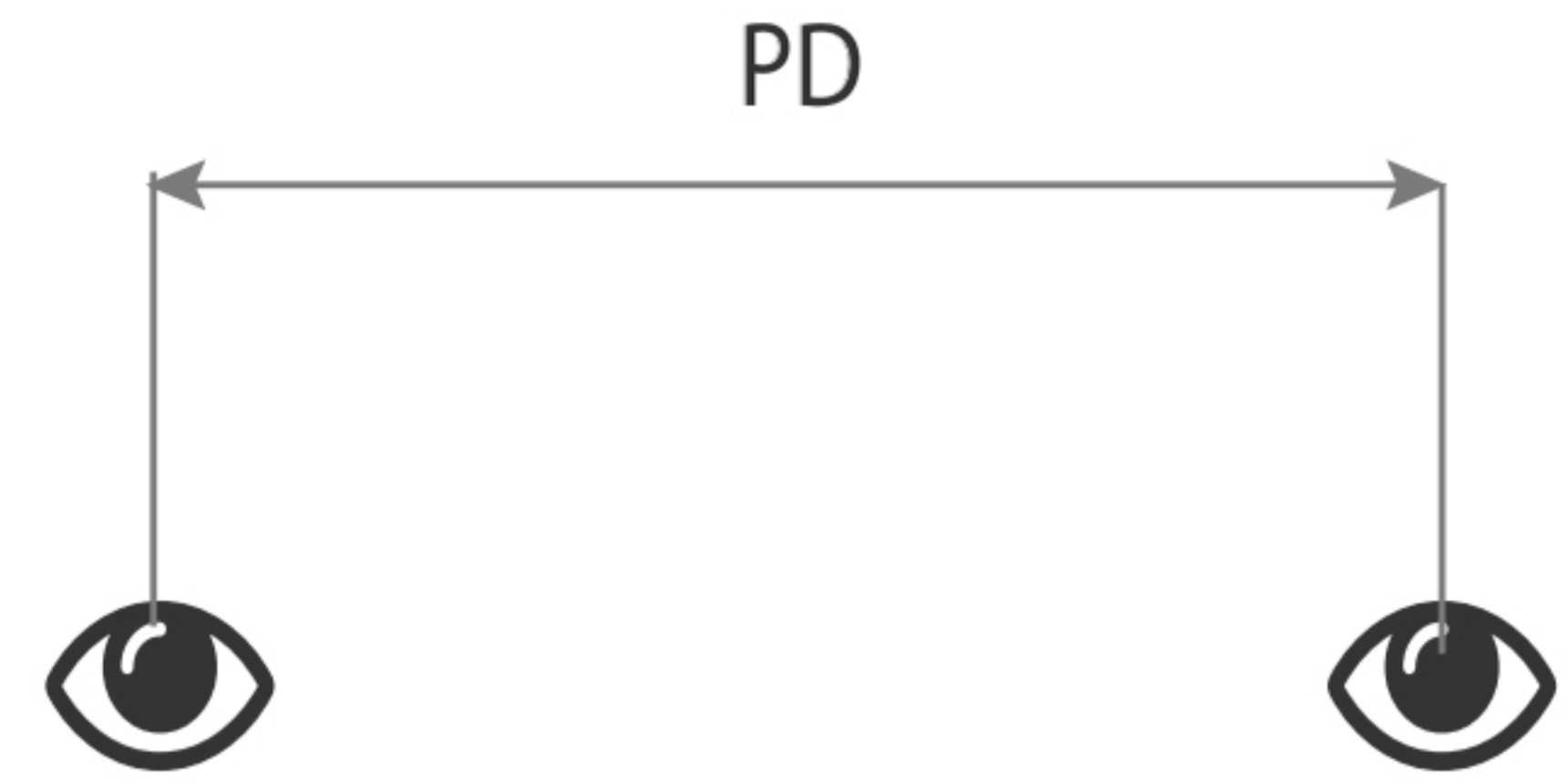


# PRINTABLE PD RULER

## What Is Pupillary Distance(PD)?

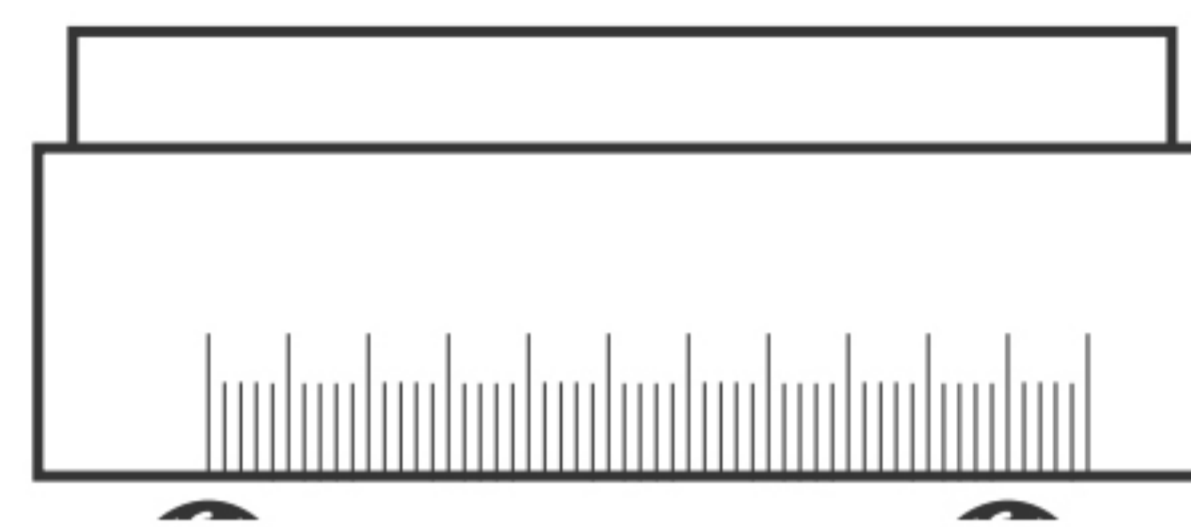
Pupillary Distance (PD) is the distance, in millimeters, between the center of one pupil to the center of the other. The PD is needed to manufacture your eyeglasses because it determines the exact optical center of the lens, which is the point where you look through the lens.



## How to measure PD?

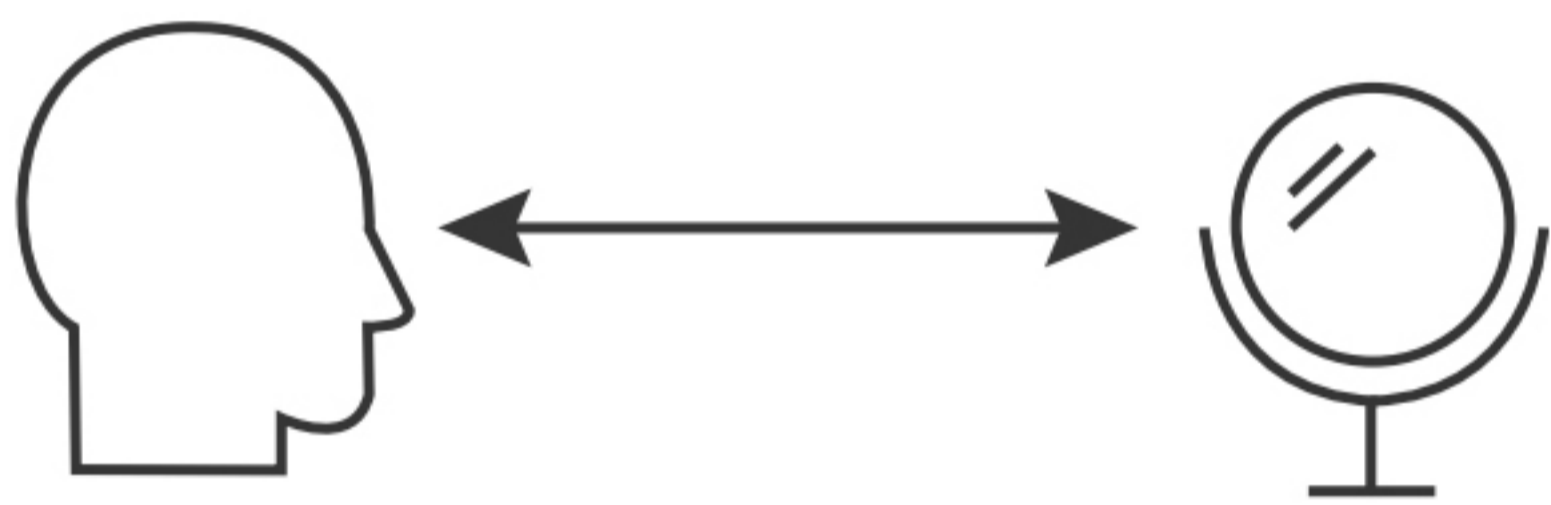


Print this page at 100% size using the NO SCALING setting.

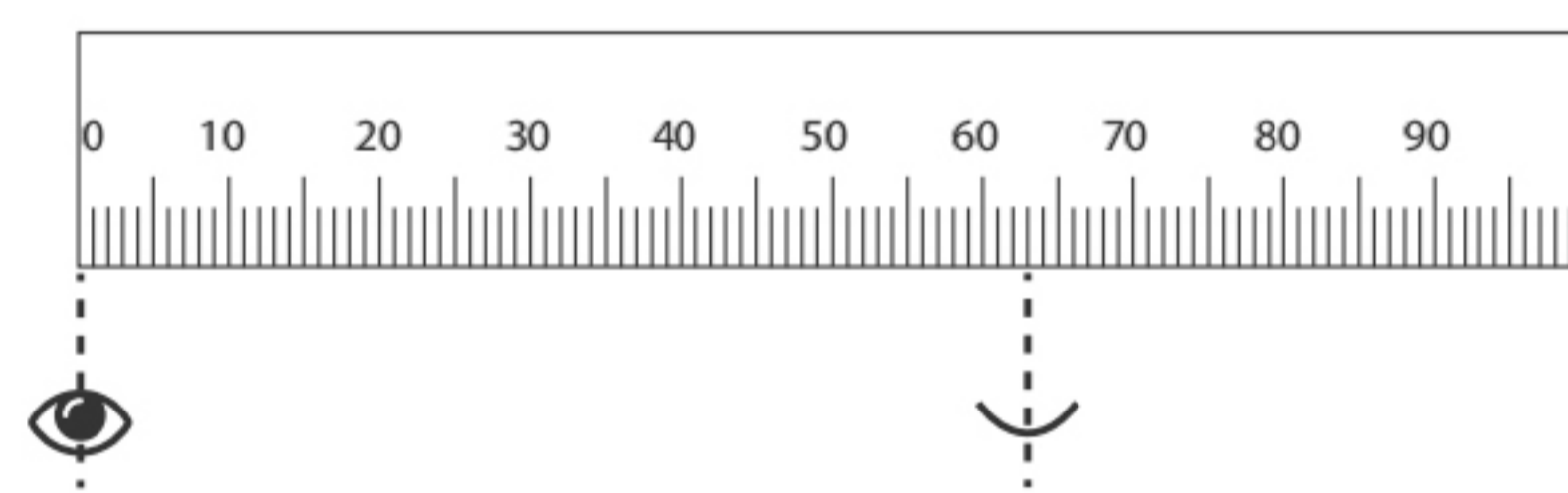


Fold the PD ruler along the indicated line.

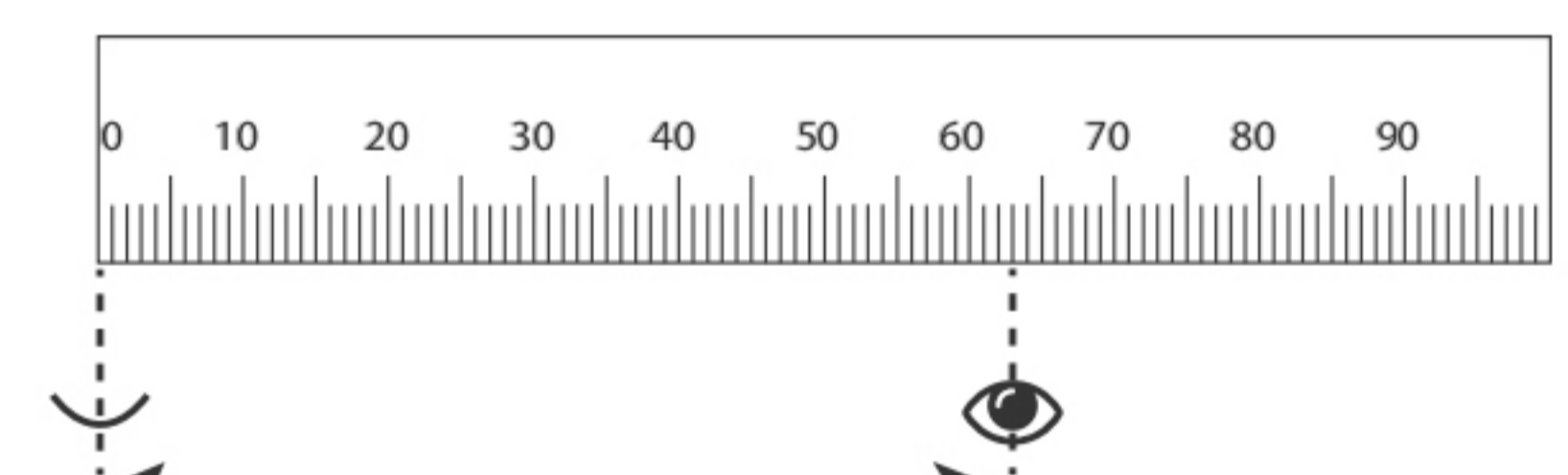
Measure in the following way and repeat at least 3 times to make it accurate.



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 0mm over the center of your right pupil.



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

## PD RULER

