



## Measure your PD

1. **Print out** this page (do not “resize” or “shrink to fit” in printer settings)
2. **Check** if the ruler is printed in actual size by comparing it against any ruler you have
3. **Cut the ruler out** along the indicated line and fold it in half
4. **Measure** your pupillary distance
  - Place the indented part of the ruler on the bridge of your nose
  - Stand in front of a mirror and look straight ahead or have a friend help you
  - Write down the PD values which line up with the centres of your pupils - right (R) and left (L) show your right and left eye from your perspective
5. **Enter** your PD measurement on eyerim.com prescription page