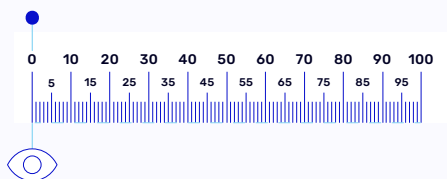
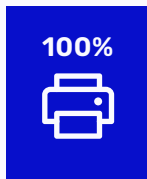


How to use Our PD Ruler



1. Print without scaling

Print this page without scaling, at 100% vertically. Double-check scale by measuring against a standard mm ruler, or with a credit card's length (85mm).

2. Fold

Fold the ruler along the dotted line.

3. Position

Stand approximately 8 inches (20cm) away from a mirror in bright illumination, or ask someone to measure for you.

4. Measure

Keep your face straight, place the ruler directly over the center of your right pupil so that the ruler is horizontal (place against forehead for added stability).

5. Repeat

Look straight ahead and measure the distance between your left and right pupils. Repeat for accuracy (3 times) and use an average for your final measurement.

