Lentiamo

How do I find my PD?

You can easily measure it yourself by following the few steps described below.
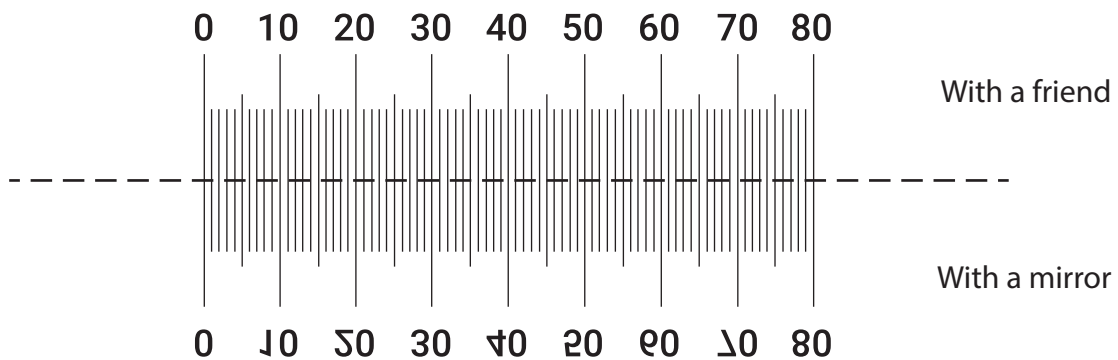All you need is a ruler (10 cm/4 inch is sufficient) and a mirror (or a friend).

By myself

1. Stand about 20 cm (8 inches) away from the mirror.

2. Hold the ruler horizontally against your eyebrows.

3. Close your right eye and align the zero point of the ruler with the center of your left pupil.

4. Open your right eye. Read the length (in mm) that you can see at the centre of your right pupil. This is your PD.

5. You can repeat the measurement several times (measure also from the right eye to the left eye). If you measure different lengths, use the average value.

6. Enter the final PD value in the form.

With a friend

1. Stand in front of your friend so that you can still look straight ahead into the room.

2. Your friend should then hold the ruler to your eyebrows.

3. Close your right eye and look at something 3–5 m (10–16 ft) away.

4. Your friend aligns the zero of the ruler with the center of your left pupil.

5. Open your right eye and close your left. Your friend can then measure the length (in mm) to the centre of your right pupil.

6. Repeat the measurement several times (measure also from the right eye to the left). If you measure different lengths, please use the average value.

7. Enter the final PD value in the form.

0   10   20   30   40   50   60   70   80

With a friend

With a mirror

0   10   20   30   40   50   60   70   80

Print at 100% and then place your credit card here to ensure that the size of the ruler is printed correctly.