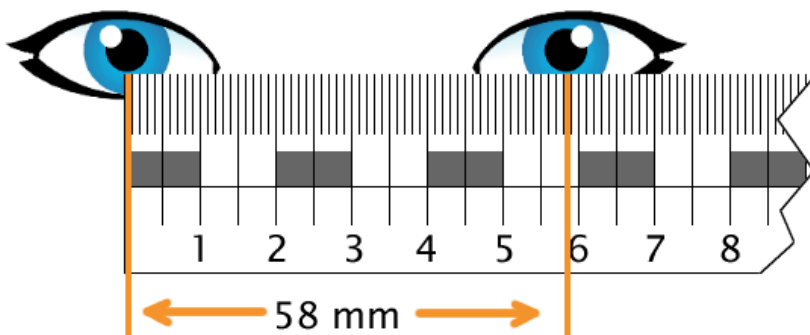


Measuring Your Pupillary Distance (PD)



Have a friend measure the distance from the center of the pupil (black dot) in one eye to the center of the pupil in the other eye. It's like measuring a line connecting the two black dots. This measurement is necessary to ensure the correct positioning of your lenses within the frame you have chosen.

As a guideline:

Most adults' PD's are between 55–65.

Most kids' PD's are between 45–55.

To measure your PD:

1. Fold this paper so the fold is immediately above the ruler,
2. Place the millimeter ruler on the bridge of your nose,
3. Have a friend face you about arms length away,
4. Have your friend measure the distance between the center of your pupils. (Or you can do it yourself simply by looking in the mirror).