PD RULER

How to Measure Pupillary Distance

1. Print this ruler without scaling (double-check using a ruler).
2. Fold along the fold line.
3. For most accurate measurements, get a friend to help you, but we’ve made one side a mirror image so you can read it while looking at your reflection.
4. Place the PD Ruler on the bridge of your nose with 0 over your left pupil.
5. Looking straight ahead, mark the spot on the ruler that lines up with the center of your right pupil.

That number is your Pupillary Distance or PD – keep it handy for ordering. Believe it or not, this is one of the most accurate ways to measure your PD!

An average PD for an adult ranges between 58 and 65.

Measure against a ruler to assure printout is accurate.