



# MEASURE YOUR PUPILLARY DISTANCE

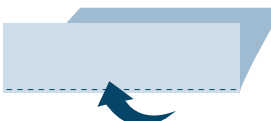
## 1 PRINT THE RULER

Print this page at 100% size using the NO SCALING setting.



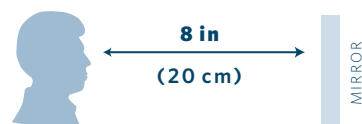
## 2 FOLD

Fold along the dotted line at the bottom of the page.



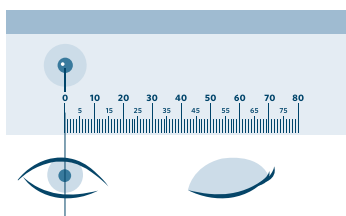
## 3 LOOK IN A MIRROR OR FIND A FRIEND

Stand 8 in. (20 cm.) away from a mirror or a friend. Place & hold the PD ruler against your brow. Keep your face straight.



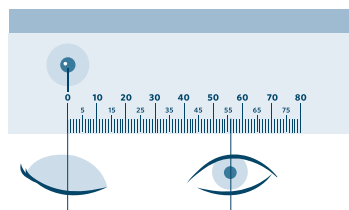
## 4 CLOSE YOUR EYE

Close your right eye and align the ruler's zero to the center of your left pupil.



## 5 READY. SET. MEASURE.

Try to not to move your head or the ruler. First open your right eye and close your left eye. Look straight ahead and read the millimeter line that matches up with the center of your right pupil. This number represents your PD in millimeters.



## WHAT'S PD?

The Pupillary Distance (PD) is the distance between the pupils of the eyes, center to center, in millimeters. A PD should be provided as part of your prescription. Read more about Pupillary Distance and how to read your prescription on our website by visiting: [zennioptical.com/measuring-pd](http://zennioptical.com/measuring-pd)

## ZENNI® TIPS



- ▶ Measure this paper against a ruler to assure printout is accurate.
- ▶ Most adults have a PD between 54 - 74mm.
- ▶ Most children have a PD between 43 - 54mm.
- ▶ Take a few measurements for consistency.

