

HOW TO MEASURE YOUR PD like a pro



eyebobs®

1 Prep.

Use your own metric ruler or print this page.

To print this page, you must **download**, then print, to ensure it prints to scale. In your print settings, use the 'No scale' or 'Actual size' setting.



2 Fold.

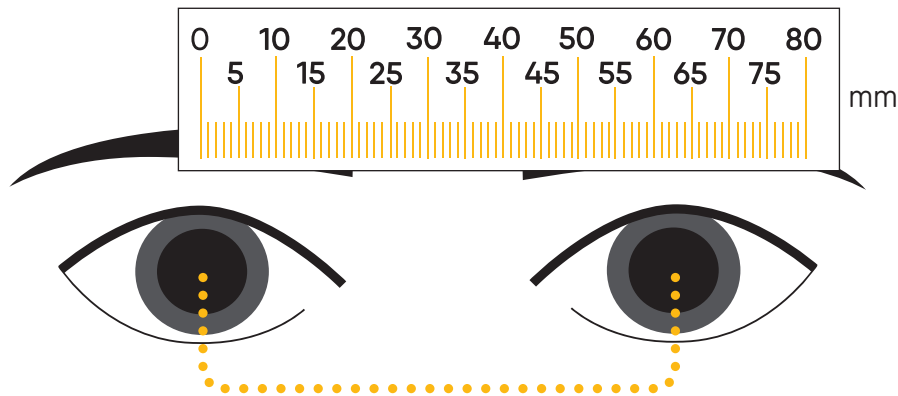
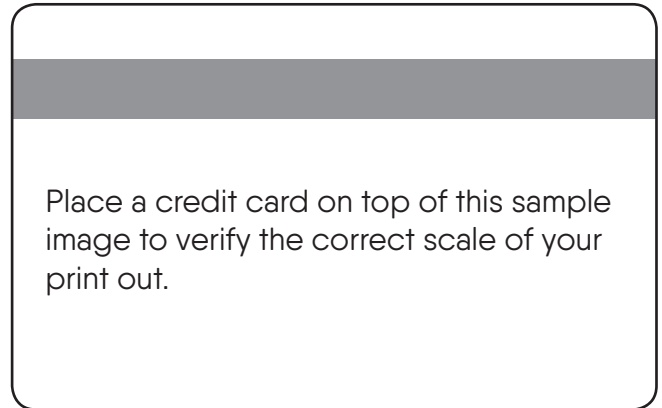
Cut out the PD ruler at the bottom of the page and fold it along the dotted line.

3 Get ready.

Get in front of a mirror or find a friend to help you (offer them candy!) Place the ruler horizontally against your brow, keeping your face straight.

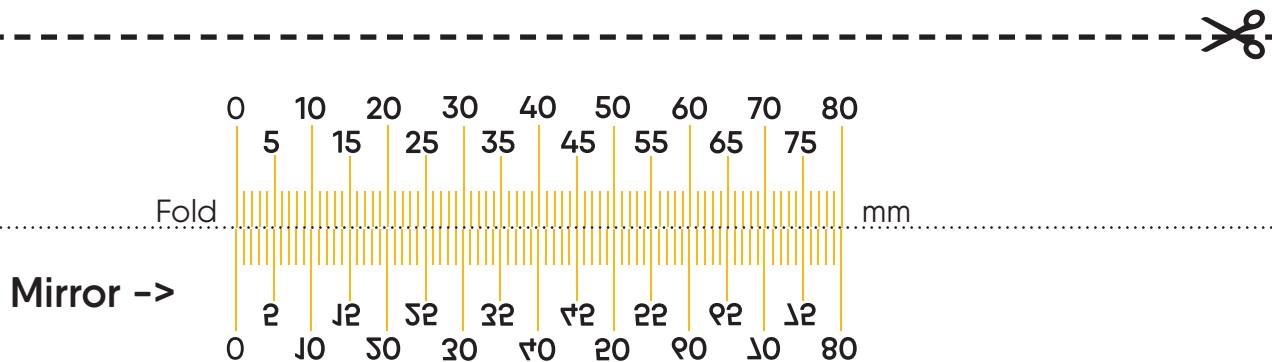
4 Measure.

Align the zero directly above the center of your right pupil. Without moving the ruler, follow it over to your left eye and read the measurement directly over the center of your left pupil.



5 Celebrate!

You did it – you measured your own PD. Now, let's do some shopping!



Printer out of ink? Your eyecare professional can provide you with your pupillary distance upon request. Just ask!