

HiOPTICAL

HOW TO MEASURE YOUR PD (PUPILLARY DISTANCE)

Pupillary Distance (PD) is the measurement from the center of one pupil to the center of the other. PD is used to determine where you look through the lens of your glasses and should be as accurate as possible.

STEP 1: PRINT PD RULER

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STEP 2: FOLD PD RULER

At the bottom of the page, there is a ruler. Fold along the dotted line.



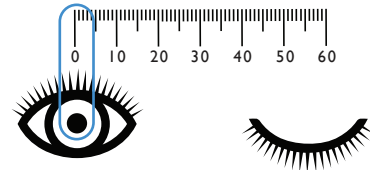
STEP 3: PRINT PD RULER

Position the PD ruler above your brow standing 20cm (8 in) in front of a mirror and hold.



STEP 4: CLOSE YOUR RIGHT EYE

Without moving your head or ruler close your right eye and open your left eye. Align the PD ruler so the zero matches up with your left pupil.



STEP 5: CLOSE YOUR RIGHT EYE

Without moving your head or ruler close your left eye and open your right eye. Look straight at the mirror and read the millimeter line that matches up with the center of your right pupil. The number in mm represents your PD in millimeters. (In this case, the PD is 55)



If you have any questions feel free to email us at support@hipoptical.com :)

