

Measuring the pupillary distance

Measuring your pupillary distance is easy

[Click here for the PDF document on measuring eye distance](#)

Creating the template:

1. Print this sheet, preferably on slightly thicker paper. Please ensure that the page is not printed in an increased or reduced in size.
2. **IMPORTANT:** After printing the template, measure it with a ruler for the millimetre-scaling in order to be sure that printing took place on a 1:1 scale!!!
3. Cut out the template along the outlines.
4. Fold it along the central line.

Measuring eye distance/pupillar distance:

Stand in front of a mirror or ask another person to help you with the measurement. The ideal distance to the mirror is around 60cm, which corresponds to about an arm's length.

Align the template to your eyes as shown in the diagram so that your pupils are still visible.

PD1 always refers to the right eye from your perspective, and PD2 is your left eye from your perspective.

1. Measuring in front of the mirror

First close your left eye and look into your pupil in the mirror with your open right eye. At the same time read the value calculated from the scale. If you cannot see the template clearly you can of course also carry out the measurement with your old glasses or contact lenses. Now, similarly, repeat the measurement for your left eye.

This measurement can provide different results for the two eyes.

Repeat the measurement if necessary in order to avoid possible errors in the measurement.

2. Measuring with someone else's help

If someone helps you in the calculation of your eye distance, please do the following.

Face each other at about an arm's length.

For measuring, the person helping has his right eye closed, and you also have your right eye closed.

Look at the person helping with both eyes directly in his open left eye. The person helping reads the measurement from the template. Similarly, repeat the measurement for your left eye.

The person helping closes his left eye and you look with both of your eyes into his open right eye.

This measurement can provide different results for the two eyes.

Repeat the measurement if necessary in order to avoid possible errors in the measurement.

This is how it will be made:

1. this sheet printing (best on stronger paper)
2. cut template and path along the fold line
3. keep the template in front of a mirror before the face (see picture below)
4. Measure and record the pupillary distance

