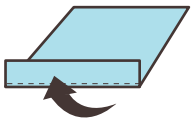
ZENNI® / Measure Your Pupillary Distance

1 PRINT THE RULER

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

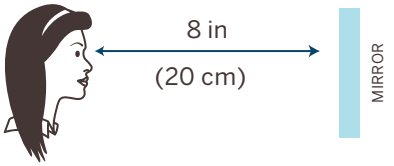
2 FOLD

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



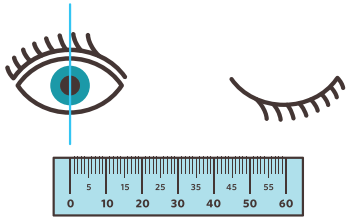
3 LOOK IN A MIRROR OR FIND A FRIEND

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



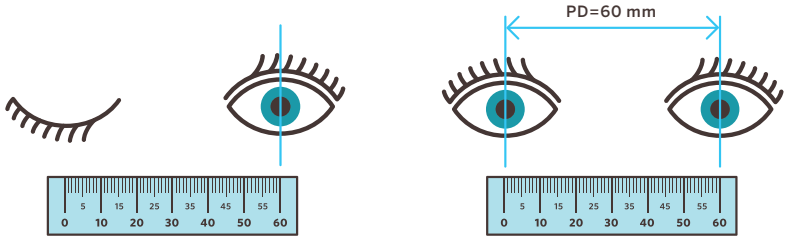
4 CLOSE YOUR EYE

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



5 READY. SET. MEASURE.

Try 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 single PD in millimeters.



WHAT'S 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. For additional help, watch this quick video:

zennioptical.com/how-to/measure-pd

ZENNI® TIPS

Measure this paper against a ruler to assure printout is accurate.

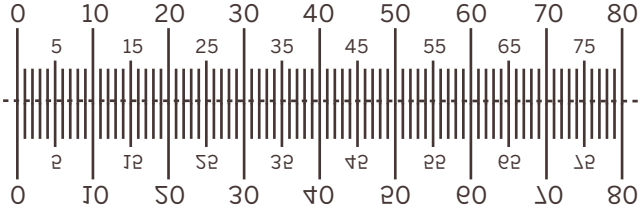
Most adults have a PD between 54 - 74 mm.

Most children have a PD between 43 - 54 mm.

Take a few measurements for consistency.

ZENNI®

FOLD



USING A FRIEND

FOLD

USING A MIRROR

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