



It's easy to get your pupil distance measurement – this is how it works:

1. Print out the pupil distance ruler page. Thicker paper is better suited to give you a stable ruler.
2. Make sure the ruler is true to scale by comparing the ruler you printed out against a normal ruler of your own. Make sure the distances between the millimetre lines is correct.
3. Carefully cut the ruler out and bend the ruler along the dotted line in the middle.
4. Now you can read the measurement of the distance between your eyes:
 - Place the indented part intended for the the bridge of your nose of the ruler on the bridge of your nose.
 - Now you can read the distance between the middle of your bridge and your pupil in the reflection of the mirror. Alternatively someone can help you.
 - Stand in front of a mirror and look straight ahead. You can read the measurement.
 - Right (R) and left (L) show your right and left eyes from your perspective.