

Pupillary Distance (PD) is the distance in millimeters between the centers of the pupils of your eyes. It can be expressed as a binocular Single PD (total distance between centers of pupils) or as a monocular Dual PD (a separate value for each eye between the center of the pupil to the vertical center above your nose, which can also be added together to equal the Single PD). This ruler is a free tool to measure your PD, with instructions for measuring your distance PD (your PD when looking at a distant object, which is a few mm larger than when you are looking at a close-up object). To maximize accuracy, measure multiple times and with different methods. **(Disclaimer: This tool and document was not produced by vision professionals and may not produce results as accurately as can be measured by a vision professional. User assumes all responsibility for use of this ruler.)**

**To prepare this ruler**, print this at 100% scale on US Letter paper (8.5 by 11 inches). (Thicker card stock paper will produce better results.) Ensure it was printed at the proper scale by comparing this PD ruler with another ruler measured in millimeters. Then cut the perimeter of one of the two PD rulers below along the dotted outer line. Fold on the horizontal center line. (Tip: Double-sided tape or glue will help the ruler stay flat and stable.) If the ruler sits too high or low on the face to get a good reading on the Dual PD side, try one of the alternate nose cutouts available in the second ruler.

**To measure Single PD**, begin by holding PD ruler flat against your forehead with the Single PD ruler side down, just above your pupils.

**Method 1 (using a mirror):** Standing in front of a mirror with the PD ruler in place, close your right eye, and align the 0mm marker over the center of your left pupil. Then, without moving the ruler, open your right eye, close your left eye, and see which point is above the center of your right pupil. This is your Single PD, in millimeters.

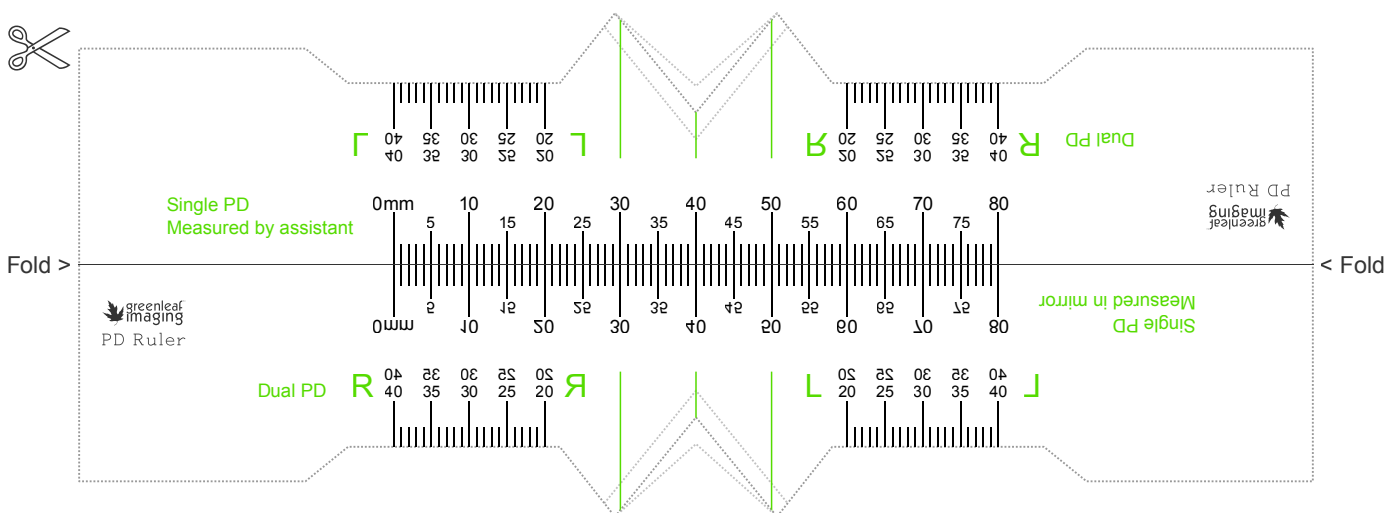
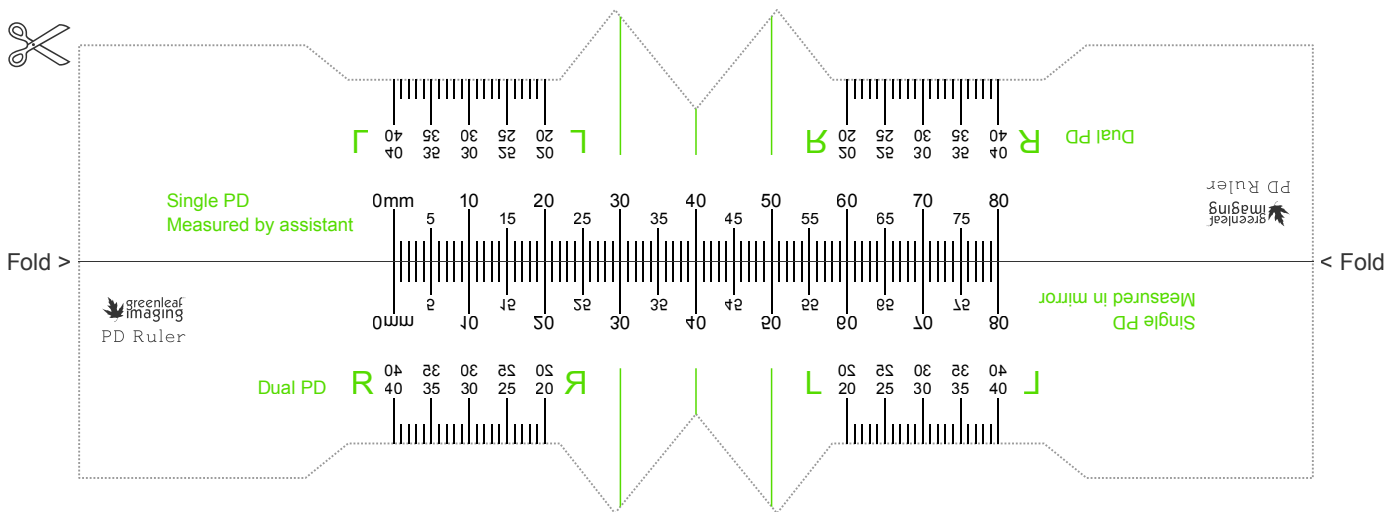
**Method 2 (using an assistant):** With assistant holding PD ruler in place, assistant should face you squarely and close their right eye. With you looking at assistant's open eye, assistant should align the 0mm marker over the center of your right pupil. Assistant should then open their right eye and close their left eye, and with you looking at assistant's open eye, assistant should see which point is above the center of your left pupil. This is your Single PD.

**To measure Dual PD**, begin by placing the PD ruler flat against your forehead, resting it centered on the bridge of your nose, with the Dual PD side down, and your pupils visible under the L (left) and R (right) eye cutouts.

**Method 1 (using a mirror):** Standing in front of a mirror looking straight on, with PD ruler in place, close your right eye and note which point is above the center of your left pupil. This is your left eye PD, in millimeters. Repeat, with your left eye closed and right eye open, for the PD of your right eye.

**Method 2 (using an assistant):** With assistant looking squarely at you and holding PD ruler in place, assistant should close their right eye. With you looking at assistant's open eye, assistant should note which point is above the center of your right pupil. This is the PD for your right eye. Assistant should repeat the process, with their left eye closed and right eye open, for the PD of your left eye.

**Note:** Getting an accurate Dual PD reading is more difficult than a Single PD. You must be especially careful to look at the mirror or your assistant perfectly straight on with no rotation of your face so the proper point on the ruler will visually align with your pupil.



(Alternative higher and lower nose cutouts for Dual PD side indicated in light gray on second ruler)