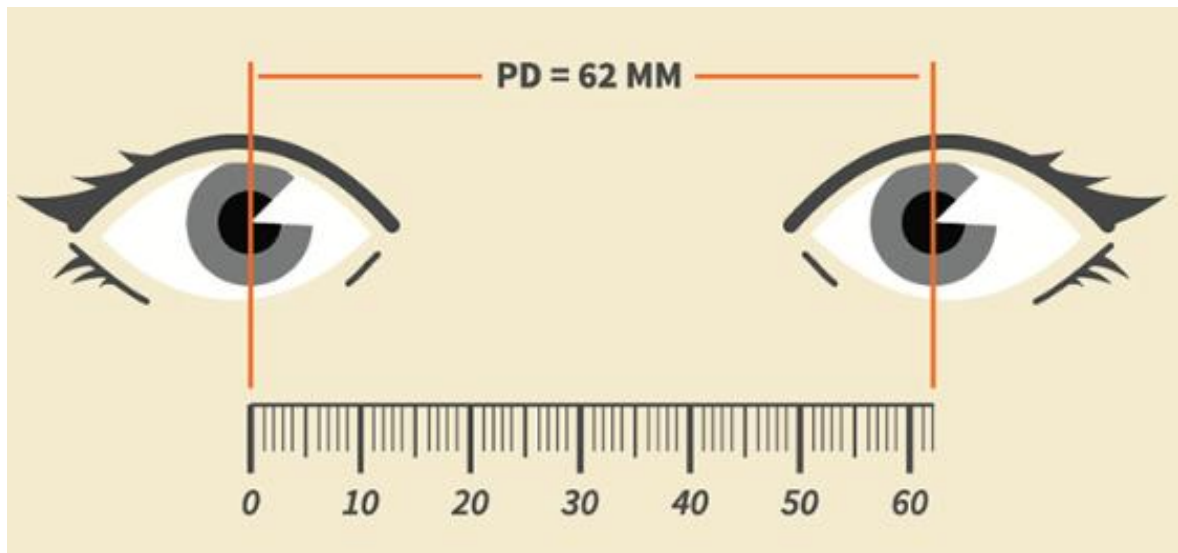
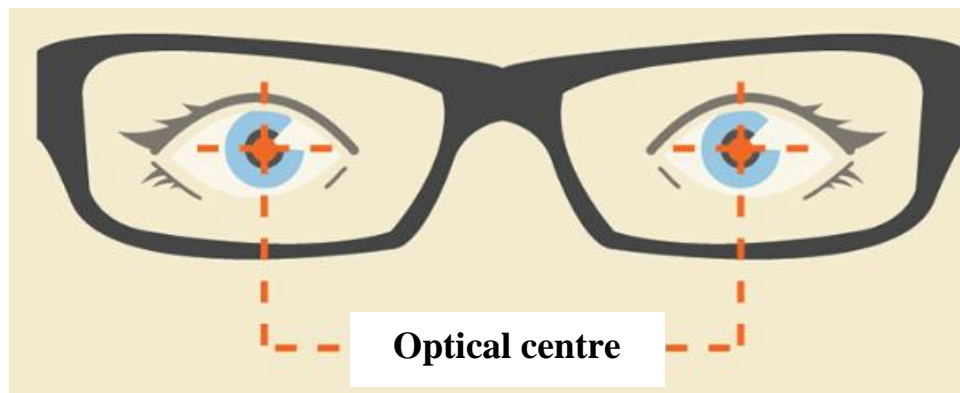


WHAT IS THE PUPILLARY DISTANCE?



It is the distance measured in millimetres between your pupils

Why is it important?



Every pair of lenses has an “Optical Centre” which is determined by the pupillary distance

How to measure it

The pupillary distance could be reported on your prescription but if it is not there you can measure it yourself or with the help of a friend.

What do you need?



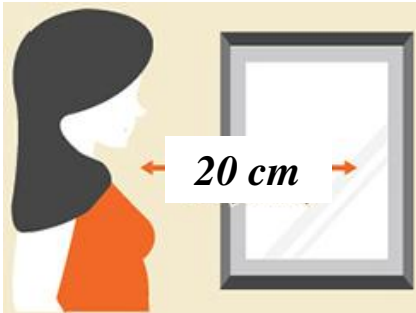
Millimetric ruler



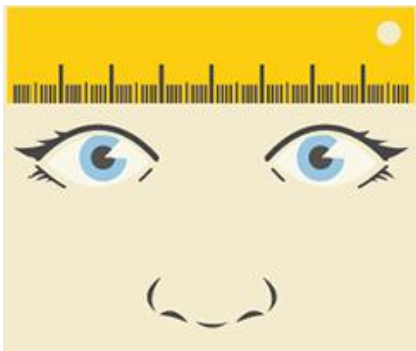
and

A mirror

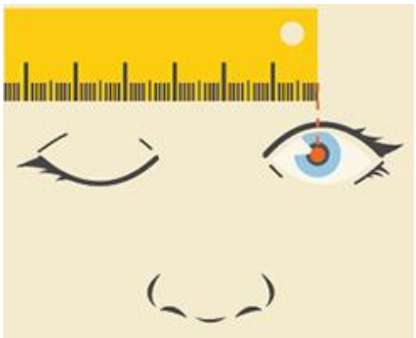
To measure it is easy



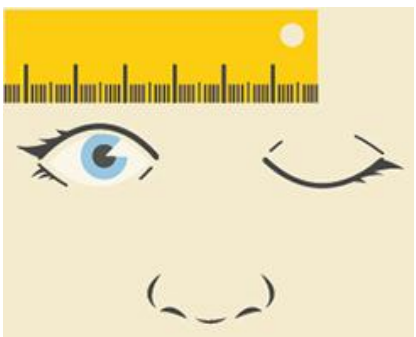
1. set yourself 20cm (8") from a mirror



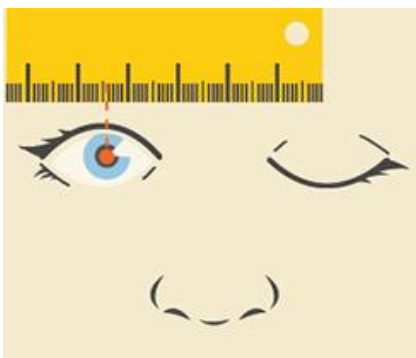
2. hold your face straight and position the ruler on your forehead



3. shut your right eye and position the 'zero' of the ruler at the centre of your left eye



4. keep looking straight ahead and now shut your left eye



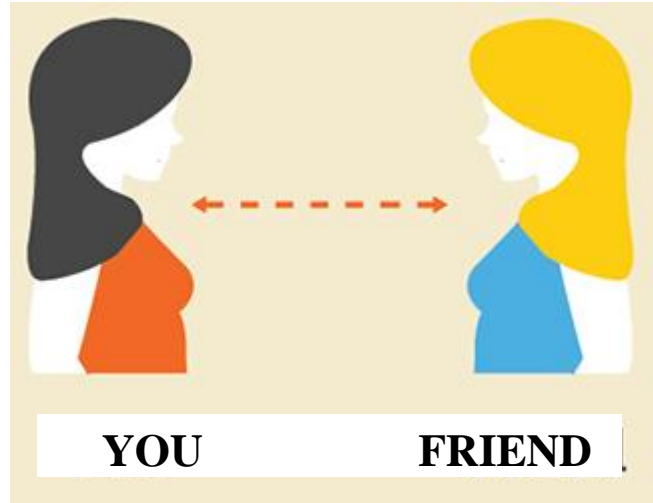
5. Read the number in millimetres which falls to the centre of your eye

That is your

PUPILLARY DISTANCE

Note: measure it 3 or 4 times to make sure you take the right measurement . In adults the PD goes from 54 to 74 mm, while in children it goes from 45 to 53 mm.

Get help from a friend to measure your PD



If you get a friend to measure your PD, keep both eyes open. Your friend will place the zero of the ruler at the centre of one eye and read the measurement at the centre of the other eye.

When your friend is taking your measurement:

Keep your eyes as still as possible and don't look at your friend but look at a point behind her head at a distance between 3 and 6 metres. Ask your friend to lower her head so that you can look straight above her head.

DONE !!!!!

Now, with your prescription and Pupillary Distance you don't need to keep going back to your usual optician but you can buy your next pair of prescription glasses on [Glance24.com](https://www.glance24.com) while sitting comfortably at home and save up to

70%

Remember...for any question you might have you may right to info@glance24.com