

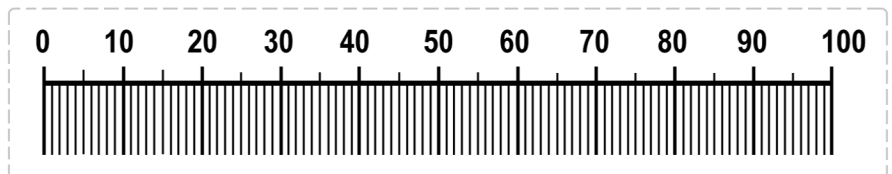
You can measure your own PD using a mirror and this millimeter ruler.

1. Print and cut out mm ruler.
2. While looking in the mirror, place the ruler at the bridge of your nose. With your right eye closed, line up the zero on the ruler with the center of your left pupil.
3. With your left eye closed, take a reading of the ruler at the center of your right pupil.



Have a friend help measure your PD with this millimeter ruler.

1. Print and cut out mm ruler; place ruler at the bridge of your nose.
2. Have your friend stand about an arms length away from you.
3. Ask your friend to measure the distance between the center of your pupils.



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