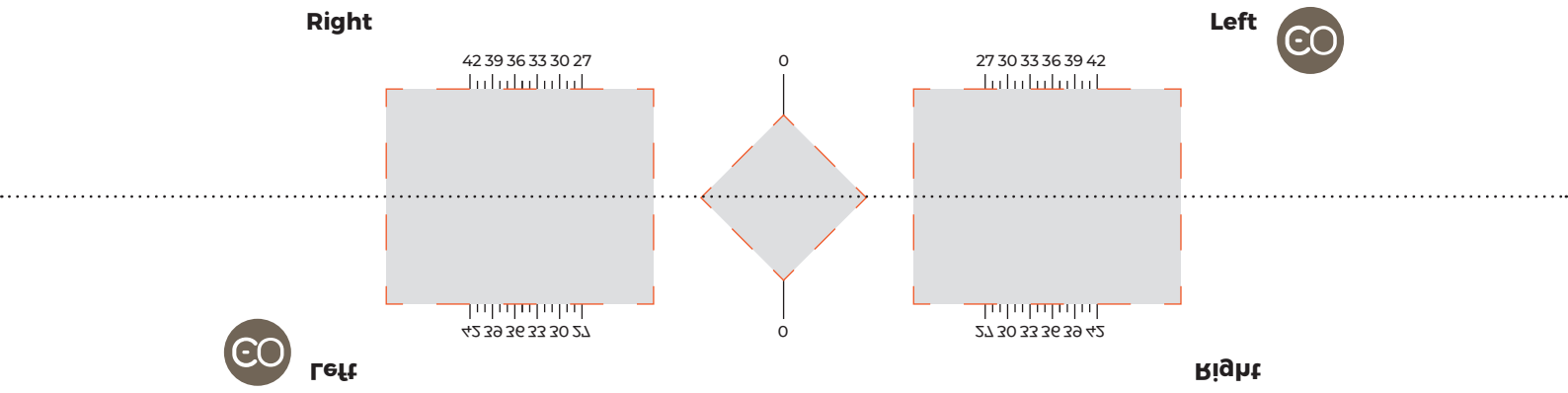
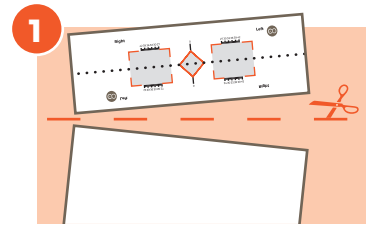
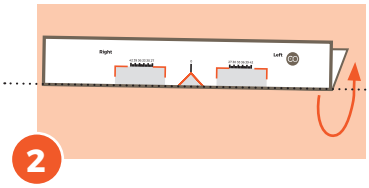
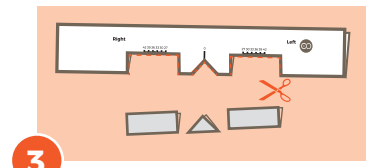
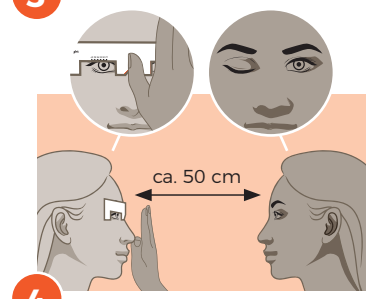


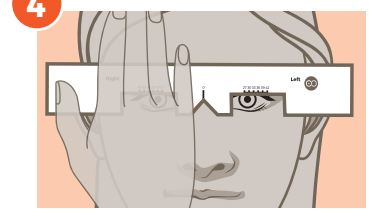
INSTRUCTIONS FOR MEASURING PUPILLARY DISTANCE (PD)











To determine the distance between your pupils, please print out the attached template. It is best to use thicker paper to ensure greater stability and an optimal result. Also make sure that the scale on the printout is correct: the distance between the reference lines **must** be exactly 15 centimetres. If necessary, deactivate automatic centring and the alignment settings on your printer. Now fold the printout in half along the dotted line and cut out the grey areas.
We recommend measuring pupilliary distance with the help of another person. If this is not possible, you can measure pupillary distance alone with the help of a mirror at eye level (for example, in the bathroom).

Measurement with the Help of Another Person

Your helper holds the template and stands about 50 centimetres away from you. The cutout of the template is placed on the centre of the bridge of your nose and held.
To measure the pupillary distance of your right eye, your helper closes their right eye and covers your left eye with their right hand. Now, with your open right eye, you focus your gaze on your helper's open left eye. With the help of the index on the template, the position of the right pupil centre can now be determined.
To measure the pupillary distance of your left eye, your helper closes their left eye and covers your right eye with their left hand. Now, with your open left eye, you focus your gaze on your helper's open right eye. With the help of the index on the template, the position of the left pupil centre can now be determined.

Measurement with the Help of a Mirror

Stand in front of a mirror at eye level and place the cutout of the template on the middle of the bridge of your nose. To determine pupillary distance on the right side, cover your left eye. Now look straight ahead with your right eye open and read the position of the pupil centre on the index of the template. To determine pupillary distance on the left side, cover your right eye. Look straight ahead with your left eye open and read the position of the pupil centre on the index of the template.