

# Measure Pupillary Distance

## You can do it from home

### What is the pupillary distance (PD)?

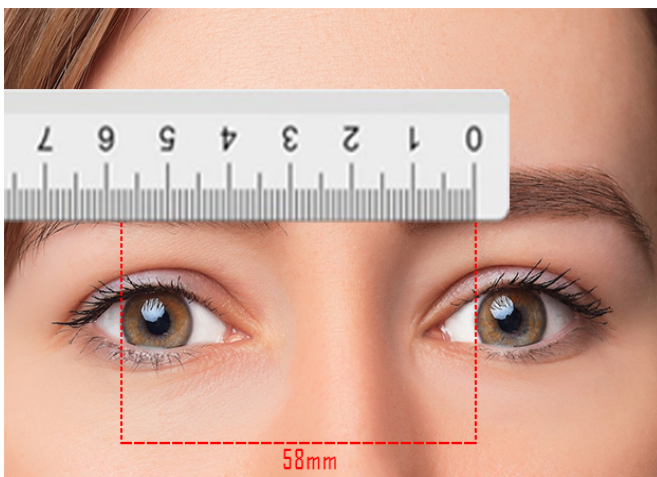
The abbreviation PD stands for pupillary distance. Along with the dial and other values, it is the key factor for a perfect fit of your glasses. The number indicating the pupillary distance is given in millimeters.

The usual range of PD is 54–74 mm for adults and 43–53 mm for children. Some people have different values for the right and left eye.

### How can I measure my PD?

Ideally, you should find the PD in the prescription of your glasses. Since the DP value does not change in adulthood, an old recipe is sufficient.

However, it doesn't matter if you can find the DP value on your prescription or not. You can easily measure it by following the few steps outlined below. All you need is a ruler (10 cm is enough) and a mirror.



1. Stay about 20 cm from the mirror.



2. Hold the ruler horizontally above and against your eyebrows.



3. Close your right eye and align the zero of the ruler with the inner vertex of your left pupil.



4. Open your right eye. Read the length (in mm) you see at the outer vertex of your right pupil. ***This is your DP!***



5. You can repeat the measurement several times (also from the right to the left eye). If they are different lengths, use the middle value.

**And that's it! Now you know the value of your DP**