



MEASURE YOUR PD (Pupillary distance)

PD is the distance in millimeters between the centers of the pupils of each eye. This is used for the centration of the lenses when making prescription glasses.

In most cases the PD is measured by your optician and is found on your prescription. If not, you may measure this quite easily yourself.

Measure on someone else's PD:

Stand about an arm's length from your friend. Place the ruler horizontally over the bridge of his/her nose, so that the lower part of the ruler is positioned right over the pupils. You may rest your hand against your friend's forehead for stability.

Position your right hand's forefinger directly below your right eye and ask your friend to look at it. Close your left eye and look directly into your friend's left eye, aligning the 0 mm line above the center of his/her pupil.

Now move your forefinger to below your left eye. Close your right eye and ask your friend to look at your finger. Now mark/read the millimeter line on the ruler that lines up with the center of your friend's left eye.

For optimal accuracy, repeat the exercise three times and use the average measurement. (Often women have a PD 60-64mm, while men often have a PD a few mm wider.)

Measure PD on yourself, using a mirror:

Position yourself 25-40cm from the mirror. Use the same procedure 😊

You may use any ruler. If you do not have any available, try this one or others that you may download from the web: https://www.printablerulers.net/preview/Ruler_15-cm_by_mm

Please make sure to print at 100% or actual size so the ruler will stay true to size.

The PD successfully measured now is your PD for distance. You may save this info, since it will never change.

If you are more than 45 years of age and are buying single vision reading glasses or computer glasses, you should modify and reduce the PD used for your order. This is due to the convergence of the eyes when focusing on close distance.

For reading (ADD 2,25, 2,50 or more) reduce the PD with 4mm.

For computer glasses or reading (ADD 1,25 - 1,75) reduce the PD with 2mm.

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or combination of any of these and more ... www.pantoglasses.com