**Pupillary Distance (PD)**

PD is the distance (in millimeters) between the pupils of your eyes that’s used to determine the proper lens shape and alignment of your prescription to your line of vision.

**How do I measure my own PD?**

1. Keeping your face straight, stand about 8 inches (20 cm) away from a mirror and hold a ruler against your brow.
2. Align the ruler’s 0 mm mark with the center of your left pupil.
3. The millimeter line that aligns with the center of your right pupil is the PD.
4. Repeat these steps several (3-5) times to get an accurate measurement.