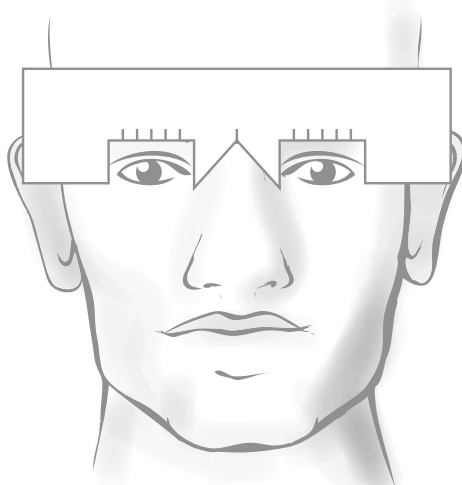
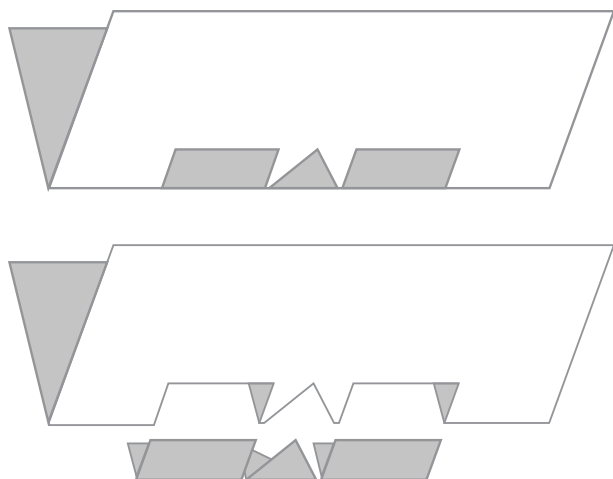


- 1) Print this sheet to “actual size.”
- 2) Fold along the centre line which intersects the ruler.
- 3) With scissors, cut-out the three grey boxes.
- 4) Locate the V slot over your nose.
- 5) Keep the paper taut and straight.
- 6) Measure the distance between each of your pupils.

Left eye Right eye

Female average: 31mm / Male average: 32mm

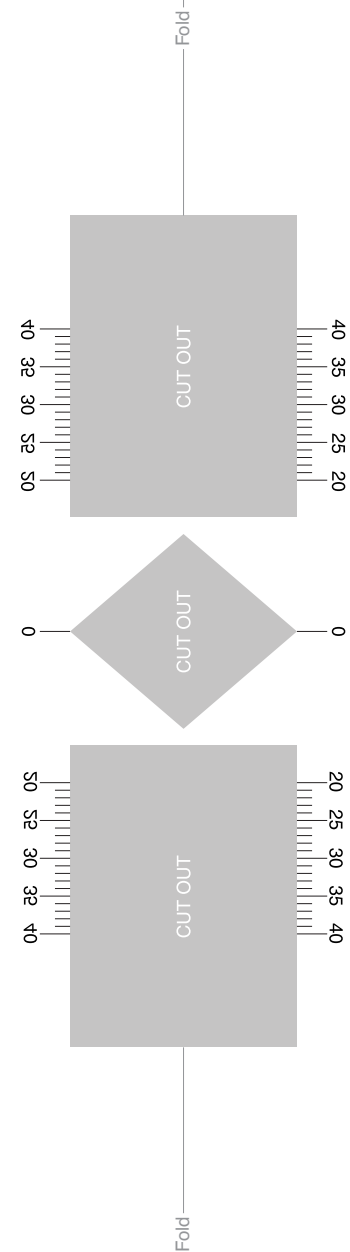
Don't worry if your eyes measure differently. Asymmetry is totally normal.



L

MEASURING WITH MIRROR

R



R

MEASURING WITH ASSISTANCE

L

