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## Pupillary Distance

# MEASUREMENT TOOL

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Don't let the confusion of how to properly measure your pupillary distance stand between you and picking a stunning new pair of glasses!

PD stands for pupillary distance, which is the distance between the center of each pupil in millimeters and is used to determine where you look through the lens of your glasses.

It is important that your PD is as accurate as possible, as it will affect your focus and the quality of your vision.

Miss Specs Appeal has got your back, and we have 4 simple steps on how you can measure your PD at home.

### **WHAT YOU NEED:**

A [millimeter ruler](#), piece of paper and a pencil

### **WHAT TO DO:**

1. Stand about 8 inches away from a mirror and hold a [millimeter ruler](#) against your brow.
2. Look straight ahead and then close your left eye and open the right eye.
3. Measure the distance from your right to your left pupil. The millimeter line that lines up to the center of your right pupil is your PD.
4. Repeat this process multiple times so you get an accurate measurement

Make sure you drop by **Miss Specs Appeal** to pick up your perfect pair of specs with the most accurate PD!