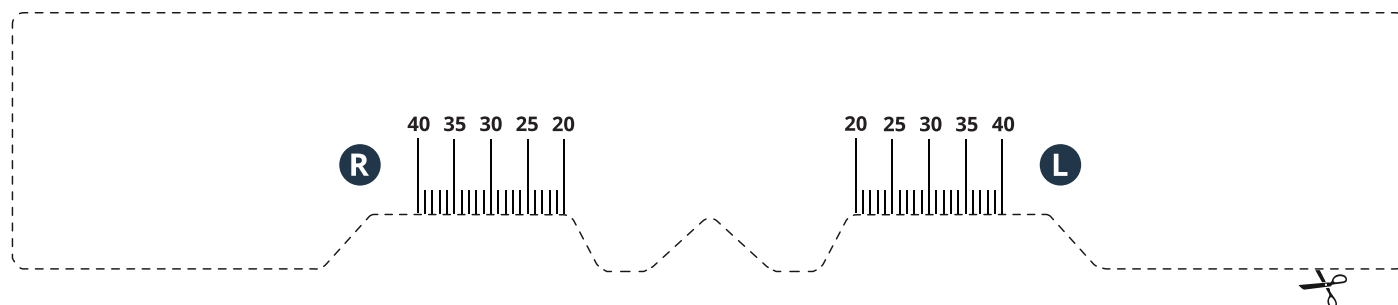


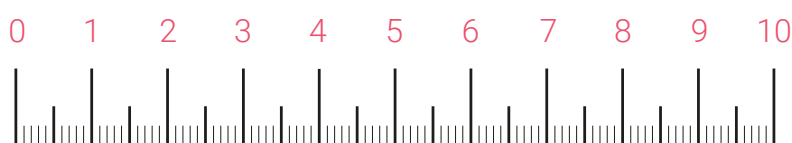
# Alensa

## ◦ Ruler for measuring PD (pupillary distance)



## ◦ How to use this tool to measure your PD?

1. Print this page to actual size (select the „default“ print setting or disable any sort of scaling).
2. To make sure you've printed this page correctly, check whether 1 centimetre on the ruler below corresponds to 1 actual centimetre.



3. Cut out the ruler following the trace line.
4. Now, proceed with measuring your PD in one of following ways: Place the ruler over the bridge of your nose as if you were putting on glasses (as illustrated on this page at the bottom). If you're by yourself, stand in front of a mirror at a distance of approximately half a metre. Look straight ahead, close your left eye, and mark the centre of your right pupil (R) on the printed ruler. Repeat this process with your other eye. It's easier to measure with the help of someone. In this case, hold the ruler in place while looking straight ahead and have the other person mark the position of each of your pupils -- the right eye (R) and the left eye (L).
5. You can now enter your PD measurements in the order form at [www.alensa.ie](http://www.alensa.ie).

