

What is your size?

1. Print the glasses, press "Real size" when printing so that the scale of the image is not altered.
2. Compare the glasses to a ruler to make sure that the measurements are correct.
3. Cut the glasses.
4. Find someone to help you measure.
5. Put the glasses in front of your eyes.
6. Ask your friend to hold their left index finger under their left eye.
7. Look at the index finger and the friend will now be able to see your pupill measurement (PD) for the left eye by seeing which area the center of the pupill is located.
8. Repeat steps 4-7 for the right eye.

Results

The result from both sides is combined for your total pupillary distance.

S	Small 58-62 mm
M	Medium 62-66 mm
L	Large 66-70 mm

Working distance

Your preferred working distance is easiest to measure by sitting in a comfortable working position and measuring with a tape measure from your eye to an object on the table that would resemble where you usually work.

Do not hesitate to contact us if you have any questions!

