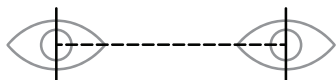


RŌKA

Measure Your Pupillary Distance

Pupillary Distance, or PD, is the distance between your pupils.



Credit Card Reference
for Print Accuracy



01 

Print this page

at 100% scale. Use credit card reference above to ensure accuracy.

02 

Fold Printed Page

on dotted line below.

03 

Measure Your PD

using the printed ruler with a mirror, friend, or selfie.

04 

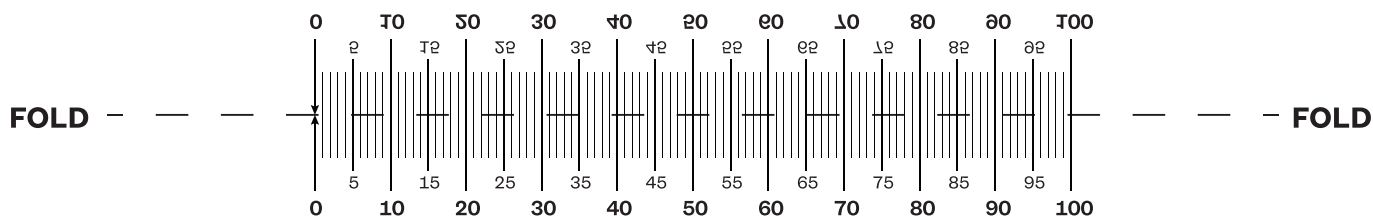
Repeat

a few times for a more accurate measurement.

Looking straight ahead, place the ruler near your eyes and align the zero line with the center of your right pupil.

Next, find the line that aligns with the center of your left pupil and take note of the measurement. This is your PD (in mm).

Use this side with a mirror



Use this side with a friend