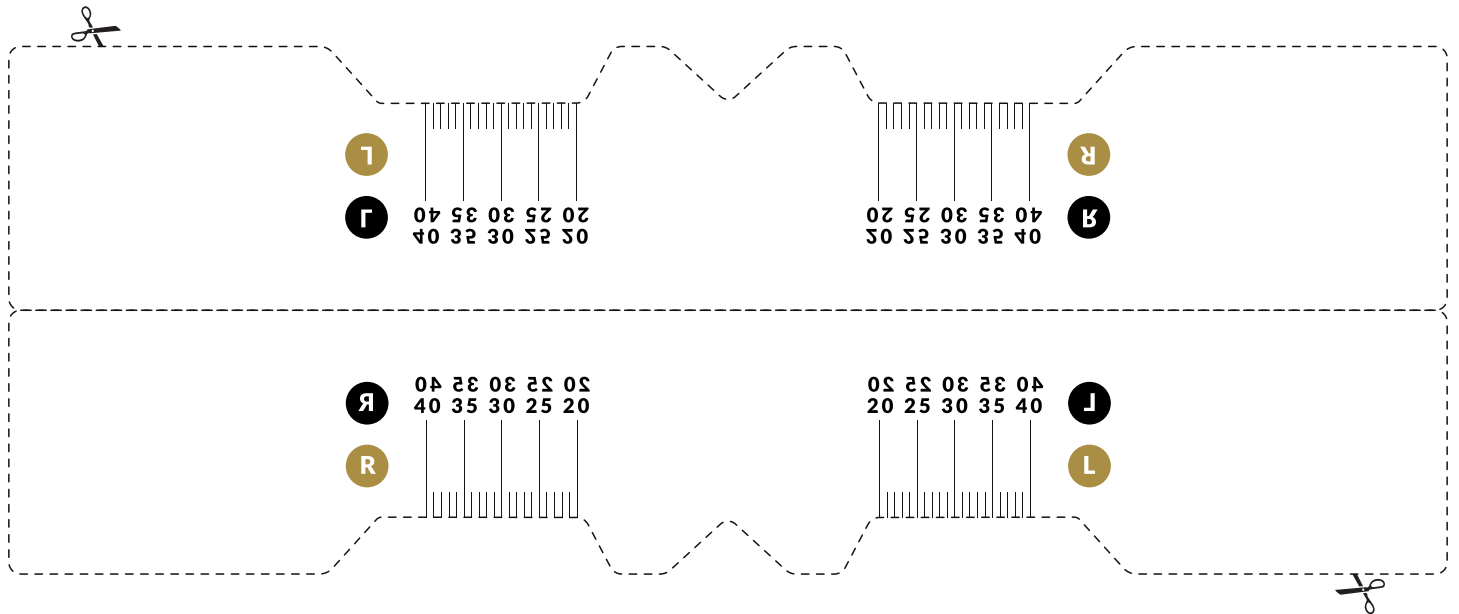


## PUPILLARY DISTANCE RULER



## MEASURE YOUR PUPILLARY DISTANCE

1. Print this page (in printing setting pick „actual size“).
2. Check if the ruler is printed in real size by comparing it with an actual ruler.
3. Cut the ruler by the marked lines and fold it in half.
4. Measure your pupillary distance. Using the triangular cut out hold the ruler in place on the bridge of your nose and position yourself approximately half a metre away from a mirror. Shut your left eye and note the reading on the scale at the position of the centre of the pupil of your right eye. Reverse the procedure for your right eye.
5. Insert your measurement on our website [www.crulle.com](http://www.crulle.com)

## TEST RULER

