

Clarity Vision Solutions - Digital Lens Fitting Guide

Introduction

This guide provides simple, at-home methods to help you understand your measurements for a better online eyewear shopping experience. For a perfect fit, we always recommend a professional fitting by an optometrist.

How to Measure Your Pupillary Distance (PD)

Your Pupillary Distance (PD) is the distance in millimeters between the centers of your pupils.

1. **Prepare:** Stand about 8 inches (20 cm) away from a mirror. Hold a millimeter ruler horizontally against your brow.
 2. **Align:** Close your right eye and align the 0 mm mark of the ruler with the center of your left pupil.
 3. **Measure:** Close your left eye and open your right. The measurement that aligns with the center of your right pupil is your PD.
 4. **Repeat:** Repeat the measurement 2-3 times to ensure accuracy.
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Understanding Frame Sizes

Most frames have a series of numbers printed on the inside of the temple arm, like **52-18-140**.

- **52 (Eye Size):** The horizontal width of one lens in millimeters.
- **18 (Bridge Size):** The distance between the two lenses in millimeters.
- **140 (Temple Length):** The length of the arm from the hinge to the tip in millimeters.

You can use the measurements from a current, well-fitting pair of glasses as a reference for your new purchase.

Thank you for choosing Clarity Vision Solutions!