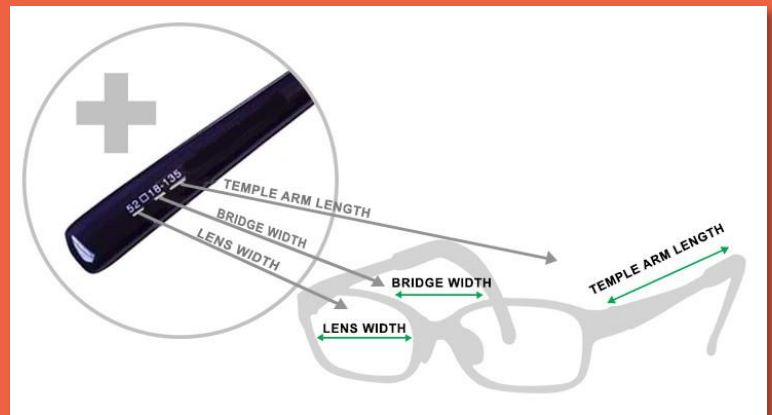
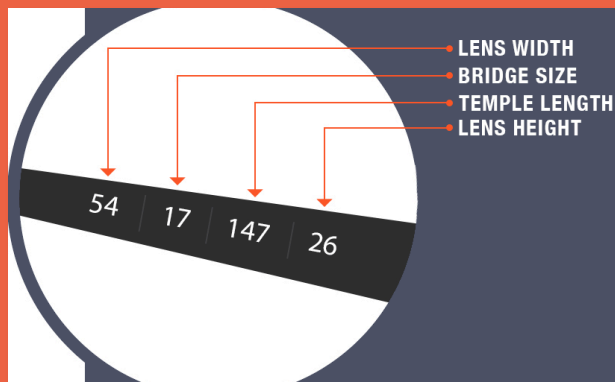


## Understanding Eyeglass Measurements

Frames are measured using three sets of numbers captured in millimeters; i.e. 52 □ 18 135, where:

- 54 represents the lens width
- 17 represents the bridge width (size)
- 147 represents the temple (arm) length

Although less common, a 4<sup>th</sup> number may appear; this value represents the lens height.



## Our Standard Sizes

Because our Lens Height is a standard measurement, the only variations to consider when selecting your Norm Glasses should be based on the Lens Width, Bridge Width and Temple Length.

FIT	Lens Width	Bridge Width	Temple (Arm) Length
Narrow ( <i>SMALL</i> )	45mm	16mm	140mm
Medium ( <i>MEDIUM</i> )	51mm	18mm	145mm
Wide ( <i>LARGE</i> )	56mm	21mm	150mm

## Our Recommendations

If you already wear glasses, you may very well be familiar with your measurements. However, if you don't then we recommend that you refer back to a favorite pair of sunglasses and use that as your measurement guide. Alternatively, we suggest you visit your local eyeglass / sunglass store or boutique in an effort to get the right sized glasses the first time around.



LENS WIDTH



BRIDGE WIDTH



TEMPLE LENGTH



LENS HEIGHT

## Understanding Pupillary Distance

Pupillary distance (PD) or interpupillary distance is the distance between the centers of the pupils of the eyes, more often than not, measured in millimeters. If you wear glasses, this measurement can be found on your Prescription (Rx) and identified as PD.

Rx	Sphere	Cylinder	Axis	Prism	Add
OD					
OS					
PD: <b>64</b>	Indication or contraindication:				

## Why is this information needed?

Whether you wear Rx glasses, or not, your PD measurement is required to optimize your HUD experience.

## How will you go about getting your PD measurement?

There is no question that the best way to get the most accurate measurement is to consult a medical professional. We emphatically recommend you get your measurement from your local optometrist or ophthalmologist. Consider it a small investment of your time for the best experience with your Norm Glasses.

## Can you get your measurement by watching an online tutorial?

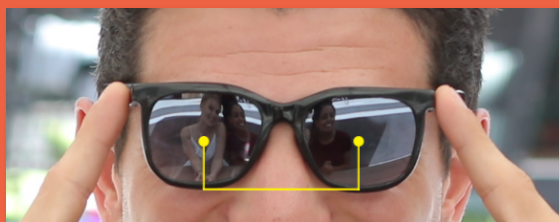
Well yes, in fact, below you will find a self help guide in obtaining your PD. However, if you choose to go this route, please do not rush the process, and if possible, you should get help from a friend or family member. You should also consider taking several measurements just to be certain you are consistently getting the same measurement.

## What you'll need to successfully capture your PD

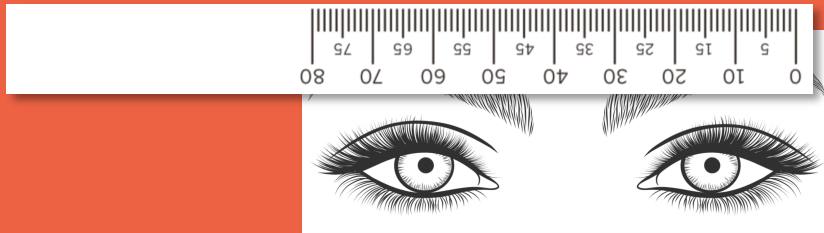
You'll need a ruler that can measure in millimeters and a mirror. If you do not have a ruler, feel free to download and print our measurement tool. <http://www.normglasses.com/docs/nmmt.pdf>

## Getting Started

Understand that your goal is to get the measurement between the centers of your pupils.



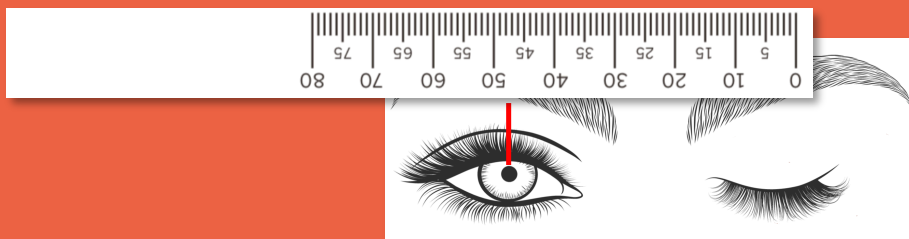
1. Stand 8 inches away from your mirror.
2. With your face straight, hold the ruler over your brow.



3. Close your right eye and align the ruler's zero to the center of your left pupil.



4. While keeping steady, close your left eye and open your right eye.



5. Read the mm line that lines up with the center of your right pupil. This is your PD.

### A few things to note

Measure your PD 3-4 times to ensure it's accurate and consistent.

The PD Range of an Adult is between: 54mm -74 mm.

If you have any doubts about your measurement, please consult your medical professional.