

# sirène

## How to measure your pupillary distance (PD)

Your PD is the distance between your pupils. To measure it, follow the instructions below — once you submit your photo, our team of experts will determine your PD.

**1.**

**Take off your glasses before you get started.**

It also helps to be in a well-lit area with a clean background.

**2.**

**Hold up any card with a magnetic strip (we use this for scale).**

A student ID, library card, credit or debit card or gift card are all great options.

**Position the card beneath your nose with the strip facing outward.**

**3.**

**Look straight ahead and snap a photo.**

Center your face in the frame of your computer or mobile's webcam and take your picture.



E-mail the picture to [info@sireneeyewear.com](mailto:info@sireneeyewear.com) followed by your order number.