

What power reading glasses do I need? print out our easy-to-use guide to find out.

Once printed, the line below should measure 1" in length.



When determining your reading glasses power follow the simple steps below:

- ① Hold paper 14 inches away from your face, without glasses on.
- ② Start reading the chart below beginning with the top row. If you cannot read the top line clearly move to the next row.
- ③ Repeat this process until you can clearly read an entire row.
- ④ When you reach a row you can clearly read, the reading glasses power that best suits your eyes is located to the right of that row.

If this line is clear, your power is

+1.00

If this line is clear, your power is

+1.25

If this line is clear, your power is

+1.50

If this line is clear, your power is

+1.75

If this line is clear, your power is

+2.00

If this line is clear, your power is

+2.25

If this line is clear, your power is

+2.50

If this line is clear, your power is

+2.75

If this line is clear, your power is

+3.00

If this line is clear, your power is

+3.25

If this line is clear, your power is

+3.50

If this line is clear, your power is

+4.00

tip: make sure to remove your glasses when you use the diopter chart. If you have different vision needs in your right and left eye, simply cover up one eye at a time to test each eye individually.