**Near Work Measurements**

Measurements can be in inches or centimeters.

Using a small tape measure, measure the distance from your eyes to your work surface. Place one end against your forehead at the level of your brows and the other at the desired distance.

Try to make sure to maintain normal posture and chair positioning if working at a desk. If you have multiple screens, measure the distance to each. Also measure the distance to your desk top.

If you need glasses for hand held work or reading, pay special attention to the distance at which you habitually hold things from your face. It may help to have someone measure it for you while you perform your task.

Please bring these measurements in with you at your appointment time to ensure the most accurate fitting possible.