

# Reading Glasses Test - Strength Guide

## Selecting the Proper Strength for Reading Glasses

1. Print this page on your printer. You cannot use this chart by looking at it on your computer monitor due to the size and resolution differences among computers.
2. The chart below is exactly 5 inches wide. Please make sure it is 5 inches wide on your printed copy.
3. To find the strength you need, read the following Test Chart **WITHOUT GLASSES** from a distance of about 14 inches. The first line you have difficulty reading has the lens strength to the right. This is the correct optical power to order.

	FOCUS	DIOPTER	
If this line is difficult to read, use	32	+1.25	W E A K E R
If this line is difficult to read, use	26	+1.50	
If this line is difficult to read, use	22	+1.75	
If this line is difficult to read, use	20	+2.00	
If this line is difficult to read, use	18	+2.25	
If this line is difficult to read, use	16	+2.50	S T R O N G E R
If this line is difficult to read, use	14	+2.75	
If this line is difficult to read, use	12	+3.00	
If this line is difficult to read, use	10	+3.50	