How to Determine Your Reading Glasses Power

This example of a diopter chart will help you determine your reading glasses power.

Instructions:
1. Print the chart or view it on a computer screen.
2. The chart is the correct size when the bar below the chart measures 1 inch in length.
3. View the chart at 14 inches away without any glasses on.
4. Starting at the top, try to read each line. Remember: Do this without your glasses or contacts.
5. If the first line is unclear, keep going down until you can clearly read the whole line.
6. The suggested power of the reading glasses is printed next to the line you can read comfortably.

If you choose to print, double check this line ———— to ensure it measures one inch (1"").