



RestoringVision.org

Reading Glasses Self-Screening Chart



To determine your reading glasses power, follow the simple steps below:

1. Print this guide. Make sure that the blue line above measures 1 inch on your printed page.
2. Hold the guide 14 inches away from your face. This should be done without glasses on.
3. Begin reading the lines one at a time, starting with the line on top. If you cannot read the top line clearly, move to the next row. Repeat this process until you can read clearly an entire row.
4. When you reach a row that you can read clearly, the reading glasses power that best suits your eyes is located to the right of that row.

If you can read this line clearly, choose this power. + 1.00

If you can read this line clearly, choose this power. + 1.25

If you can read this line clearly, choose this power. + 1.50

If you can read this line clearly, choose this power. + 1.75

If you can read this line clearly, choose this power. + 2.00

If you can read this line clearly, choose this power. + 2.25

If you can read this line clearly, choose this power. + 2.75

If you can read this line clearly, choose this power. + 3.25