

HOME ASTIGMATISM MEASURING KIT

I BUILD YOUR MEASURING TOOL

1. Acquire paper fastener*.
2. Get a flexible measuring tape.
3. Print the image below.
4. Cut at dotted line.

* You now have two pieces - a round indicator dial with two line markers and a degree dial.

3. Attach the dial piece to the degree dial using a paper fastener.

Paper fastener:



Indicator Dial:



Degree Dial:



II MEASURE YOUR AXIS NUMBER

1. Attach the measuring tool to a fixed surface.
2. Remove your glasses.
2. Cover left eye.
3. Focus on the indicator dial line, slowly moving back until you start to see blur.
4. Turn the dial until the line with the arrow becomes clear.
5. Write down the degree value (axis number) the arrow points to.
6. Repeat with right eye.

III MEASURE YOUR CYLINDER NUMBER

1. Cover the left eye.
2. Move back until you find the blur point (both lines still clear, but right at the edge of blur).
3. Measure & record the distance a) from the measuring tool to your eye.
4. Continue moving further away from the tool until you begin to see a double image of the line without the arrow. At this distance the line with the arrow should be just slightly burred.
5. Measure and record this distance b).

Your cylinder value is calculated as follows:

$$\text{CYL} = 100 / \text{MEASUREMENT B} - 100 / \text{MEASUREMENT A}$$

NOTES

Record all values in your log.

Repeat measurement at least twice daily for at least three days. Evaluate real astigmatism values based on result averages.

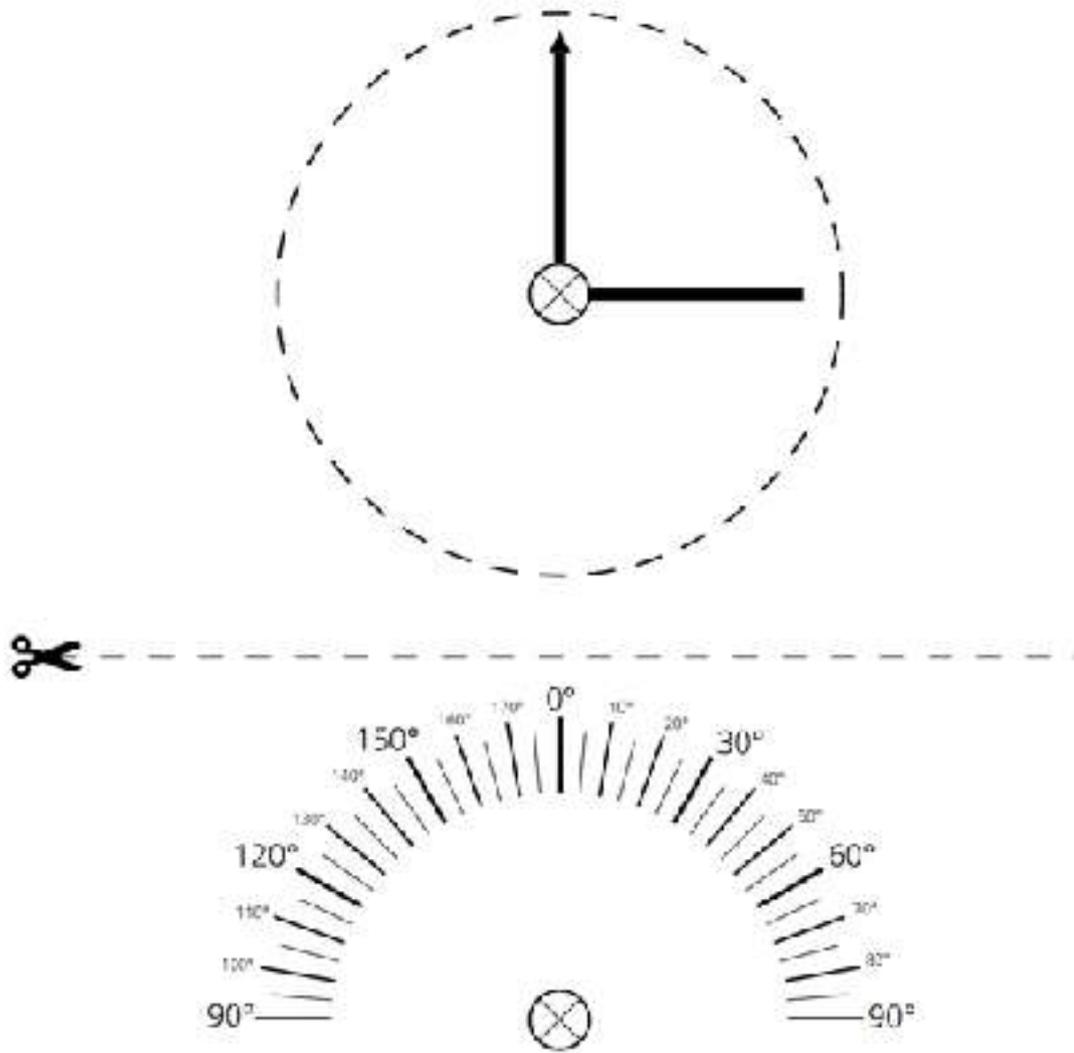
In many cases astigmatism below 1 diopter is not necessary for differential (close-up) correction lenses. Assess your own needs by checking your close-up vision without glasses and degree of astigmatic blur your experience.

Review the posts in the astigmatism section of [endmyopia.org](http://endmyopia.org/correct-astigmatism/): <http://endmyopia.org/correct-astigmatism/>

When reducing astigmatism correction, substitute 1/2 diopter of spherical correction for 1 diopter or astigmatism correction for relative equivalent focal plane correction.

**Consult your natural myopia control friendly optometrist or ophthalmologist for additional guidance and where required by law. Do not use less than required correction for driving or activities requiring ideal acuity in potential adverse conditions (poor lighting, moving at speed, etc).*

PRINT ASTIGMATISM MEASURING TOOL



**Completed measuring tool will look like this:*



REFERENCES

Astigmatic blur: <https://endmyopia.org/astigmatic-cylinder-blur-vs-myopic-spherical-blur/>

Astigmatism posts: <http://endmyopia.org/correct-astigmatism/>

Facebook astigmatism tool discussion & credits: <https://www.facebook.com/groups/560893680770705/permalink/570305979829475/>