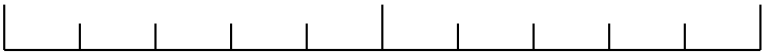
CRIDEM · Indicative reading test

For choosing the strength of ready-made reading glasses (+1.00 … +3.50).

How to use the test

1. Print this page at **actual size (100%)**, without “fit to page”.
2. Check the scale: the line below must measure exactly **10 cm** with a ruler. If it does not, print again at 100%.
3. Hold the page **35–40 cm** from your eyes (your usual reading distance), in good light.
4. Without reading glasses, read from top to bottom and stop at the **smallest text you can read easily and clearly**.
5. The strength next to that line is your indicative dioptre. If you hesitate between two lines, the lower strength is usually more comfortable.



← this line must be exactly 10 cm long

+1.00 text 5 pt	In the morning, over a coffee, you leaf through the paper and read the day’s news without holding the page at arm’s length.
+1.50 text 6 pt	In the evening, a good book helps you unwind after a long day. When the words start to blur, you move the page away.
+2.00 text 7 pt	Phone messages, kitchen recipes and the instructions on packaging are easy to read with the right strength.
+2.50 text 8 pt	Close-up hobbies such as sewing or painting call for clear, relaxed vision.
+3.00 text 10 pt	Choose your favourite colour and the right strength for you.
+3.50 text 12 pt	Read with pleasure, see clearly.

If you can easily read even the first line, you probably don’t need reading glasses yet, or only a very low strength. If you cannot read even the last line clearly, see a specialist.

Important: this test is only indicative and does not replace an eye examination. For an exact recommendation, see an optometrist or an ophthalmologist. Ready-made reading glasses are not suitable if your two eyes see differently, and they are not intended for driving.