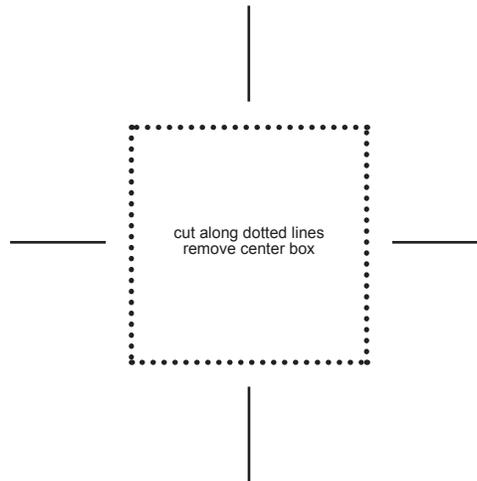


USA*Eyes*.org

Dominant Eye Test Card

- 1 Print USA*Eyes*.org Dominant Eye Test Card on your computer printer.
- 2 Cut across dotted line to make smaller rectangle. Cut out center square.
- 3 Hold USA*Eyes*.org Dominant Eye Test Card with both hands at arm's length and centered in front of you.
- 4 With both eyes open, focus on any still object viewed through the center hole.
- 5 While continuing to keep focus on the object, keeping the object centered in the hole, and with both eyes open, slowly bring the USA*Eyes*.org Dominant Eye Test Card toward you until you touch your face.
- 6 The eye over which you have the USA*Eyes*.org Dominant Eye Test Card centered is your dominant eye.
- 7 Repeat test to verify.



The dominant eye is the eye that looks directly at an object. The non-dominant eye looks at the same object at a slight angle. This small difference provides depth perception.

Being right or left handed will not necessarily determine if you are right or left eye dominant. Eye dominance is an important consideration for monovision correction to reduce the need for reading glasses or bifocals.

cut along dotted line
