

# Testing your visual acuity

We need to check your ability to see clearly both at the near and at a distance. You are probably familiar with the typical eye chart test from your school days or from visits to the optometrist. If you have normal distance vision you can see the second line from the bottom of the chart from 3 meters.

Often there is a difference in visual acuity between your eyes - one eye see better than the other - Anisometropia. To test this cover one eye with your hand and check which line you can see. You have a valid reading if you can name at least five letters correctly. For testing purposes it is not necessary to be able to see the letters absolutely sharp.



Write down the Snellen notation you see to the right of the line 20???

**Left eye:**

**Right eye:**

## Presbyopia

The need for reading glasses develop around your early 40's. There are many theories about what may cause Presbyopia, however, none of them fully explain the phenomena. The Vision training approach is to induce more flexibility in the eye-muscles and to bring in the near point of clear vision. In some cases the eyes are not fusing the left and right images together properly. Presbyopia usually respond very quickly to Vision training.

## Do I have Presbyopia?

If you have 20/20 vision for reading then you should be able to read these lines:

20/50

A B C d E f G h I j K 1 3 5 7 9 2 4 6 8

20/40

A b C d E f G h I j K 1 3 5 7 9 2 4 6 8

20/30

A b C d E f G h I j K 1 3 5 7 9 2 4 6 8 Your reading vision may be Ok for most situations, however, you may have difficulty in low light situations.

20/25

A B C d E f G h I j K 1 3 5 7 9 2 4 6 8 Your reading vision is pretty good. Just a fraction below the optimum.

20/20

A b C d E f G h I j K 1 3 5 7 9 2 4 6 8 Congratulations you have perfect near point reading vision.

Look at the lines above and notice which line you can read at normal reading distance. Also check if there is a difference between the two eyes by closing one eye and then the other. This way you will discover if there is a difference between your eyes.

**Left eye:**

**Right eye:**

**Note that lighting influence your ability to read.**

Determine your visual acuity with left and right eye separately. Often the eyesight is different between the eyes. The letters do not have to be absolutely sharp, just so you can identify them correctly.