



CONTRAST TEST

Choose a place in the house without sunlight. Always test yourself in the same place under the same lighting conditions. Keep the image at reading distance (approx. 30-40 cm). Wear your reading glasses. Cover one eye and with the other eye look clockwise from shape 1 to the shape you just can recognize with confidence. The number of this shape gives you an estimate of your contrast sensitivity.

7-10 = Good 4-6 = Average 1-3 = Bad

If you test yourself regularly (e.g. weekly), you may notice changes that you can relate to your eye care professional.



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