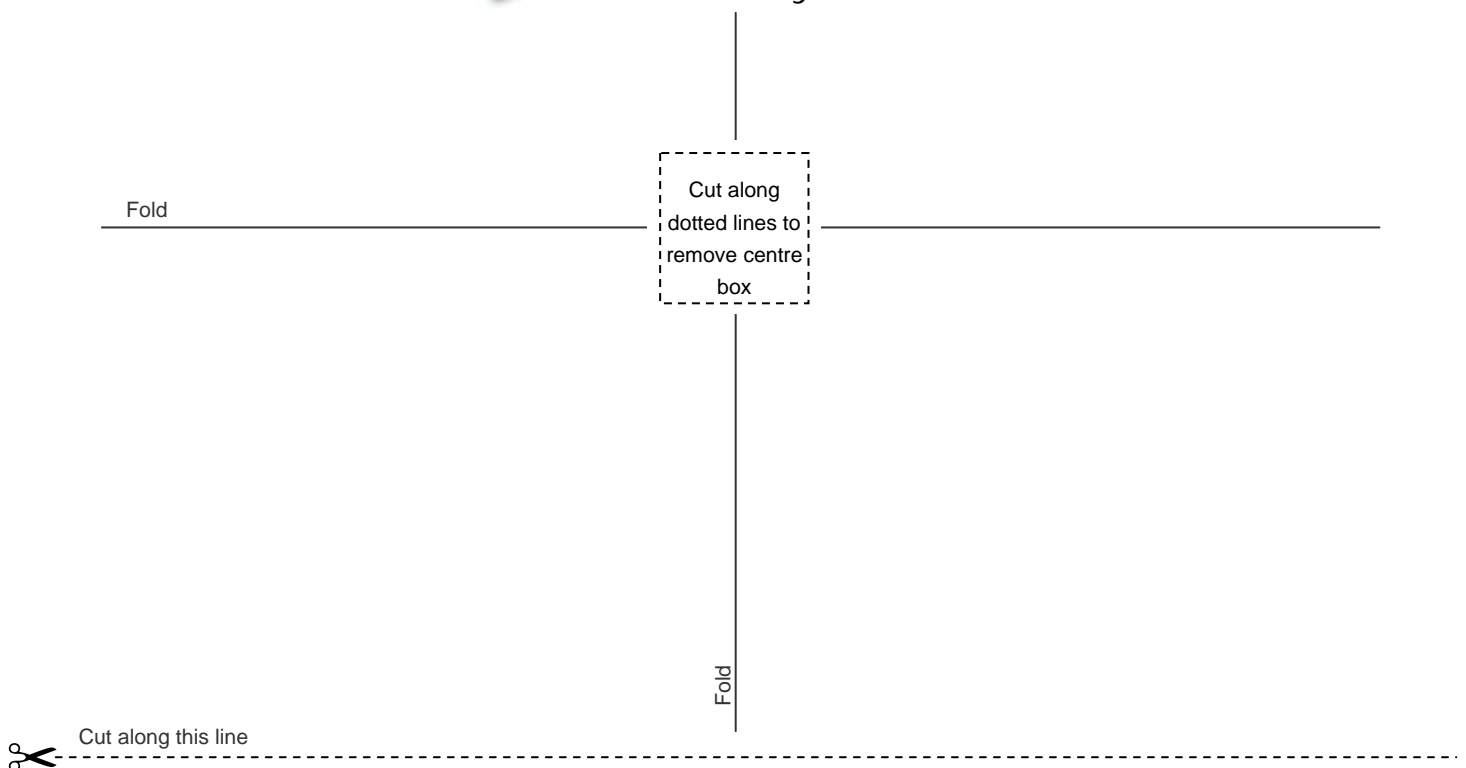


MyBrain

Dominant Eye Test Card



Instructions

1. Print the Dominant Eye Test Card.
2. Cut across dotted line to make smaller rectangle and then cut out centre square. This is easier if you fold along the 'fold' lines first.
3. Hold Dominant Eye Test Card with both hands at arm's length and centred in front of you.
4. With both eyes open, focus on any still object viewed through the centre hole.
5. While continuing to focus on the object and keeping the object centred in the hole with both eyes open, slowly bring the Dominant Eye Test Card toward you until it touch your nose.
6. You will find that the hole in the Dominant Eye Test Card is now positioned over one of your eyes. This is your dominant eye.

Explanation

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. It is this small difference that provides the depth perception that enables us to judge distance.

The Eye Dominance Test Card reveals which eye is dominant because when the card is held up at arms length, you can only actually see the object with one eye. However, because you are concentrating on the object, your brain corrects for the fact that your other eye cannot see the object by 'ignoring' the misleading information from that eye.

Approximately two-thirds of the population is right-eye dominant and in a small portion of the population neither eye is dominant. In some cases eye dominance appears to change depending upon direction people are looking.

