



FYI Eyes

You probably know whether you're left-handed or right-handed. But do you know whether you're left-eyed or right-eyed?

Yup, that's right—most people's brains prefer to receive visual information from just one eye. This doesn't mean that your other eye doesn't work; having two eyes helps you perceive depth and judge distances. However, two-thirds of the population is right-eye dominant, while only a small percentage of people don't exhibit any **ocular dominance**.

Here's an easy way to determine whether you're right-eye-dominant or left-eye dominant. Put your hands together in front of your body, and make a small triangle with your thumbs and forefingers. With both of your eyes open, locate an object and center it, so that it appears in the center of the triangle. Then, close your left eye. If the object stays within the triangle when your right eye is open, you're right eye dominant. If the object seems to jump to the right, then you're left-eye dominant!

