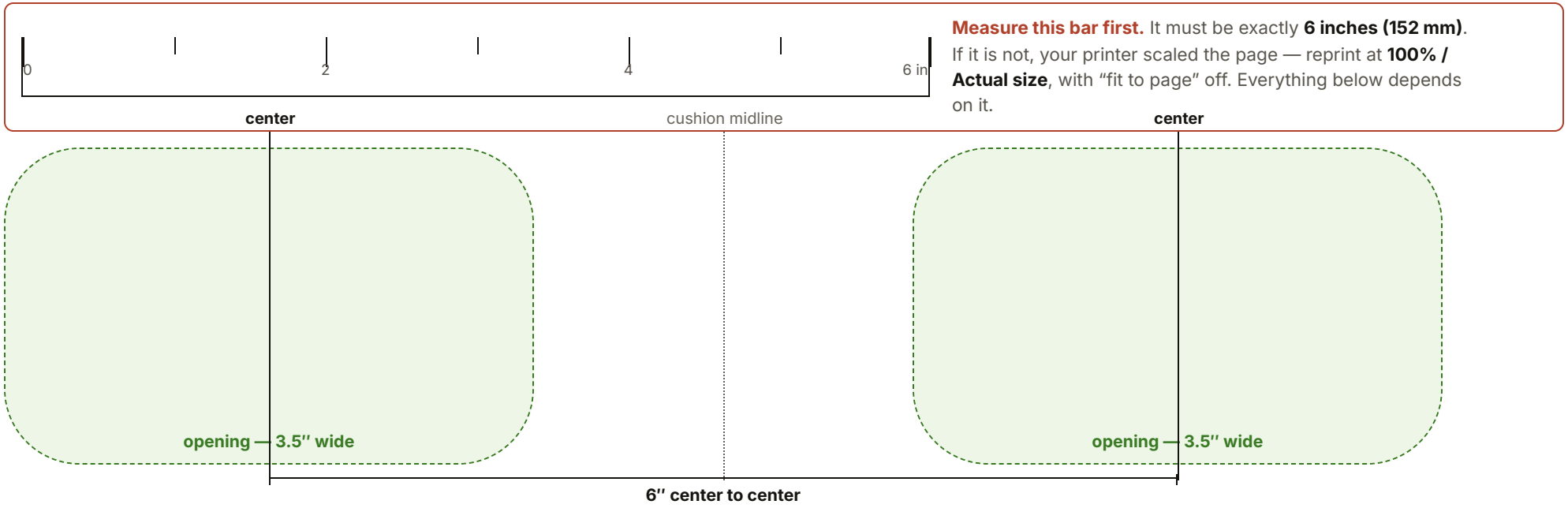
# The openings, at actual size

This is where the two openings sit on a **Socket Seat**, printed at full scale. Transfer your two marks onto it and see for yourself whether your sit bones would land in open space — before you spend anything.




**Measure this bar first.** It must be exactly **6 inches (152 mm)**. If it is not, your printer scaled the page — reprint at **100% / Actual size**, with “fit to page” off. Everything below depends on it.

## 1. Make your dents

1. Sit on a piece of **corrugated cardboard** on a hard, flat chair for about 30 seconds, leaning forward slightly.
2. Stand up. Mark the **center** of each of the two shallow dents, and the **midpoint between them** — that midpoint is your own midline.

## 2. Transfer them to this sheet

1. Push a pen tip through the cardboard at all three marks, making three small holes.
2. Lay the cardboard on this page with the middle hole on the **cushion midline** and the three holes running left to right, parallel to the ruler bar above.
3. Dot the page through the two outer holes, then lift the cardboard away.

## 3. Read it

**Both dots inside the bands, clear of the edges:** your bones sit over open space. Then measure between the dots with the ruler at the top of this sheet — the designed range is **3.6″–6.7″**; the bands show position, the number gives the verdict.

**A dot on an edge or outside:** the openings are not where your bones are. Check the number at **aylio.com/fit**.

**Scan to check your number**

The fit checker gives a straight answer, including “no”.

The bands are the openings’ width and spacing, not their full outline; the cushion also has a rear groove for the tailbone. The Socket Seat is designed for sit-bone widths of about **3.6″–6.7″** (3.3″ and 7.0″ are the borderline edges), and the 100-day trial is there because paper is not a chair.

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