

TV mount height and distance



A TV mount can help to reduce neck and eye strain by placing the screen at a more comfortable viewing height and position.

The centre of the screen should be level with your eye height when seated. Typically this is around 42 - 46" (107cm - 117cm) but will vary from person to person.



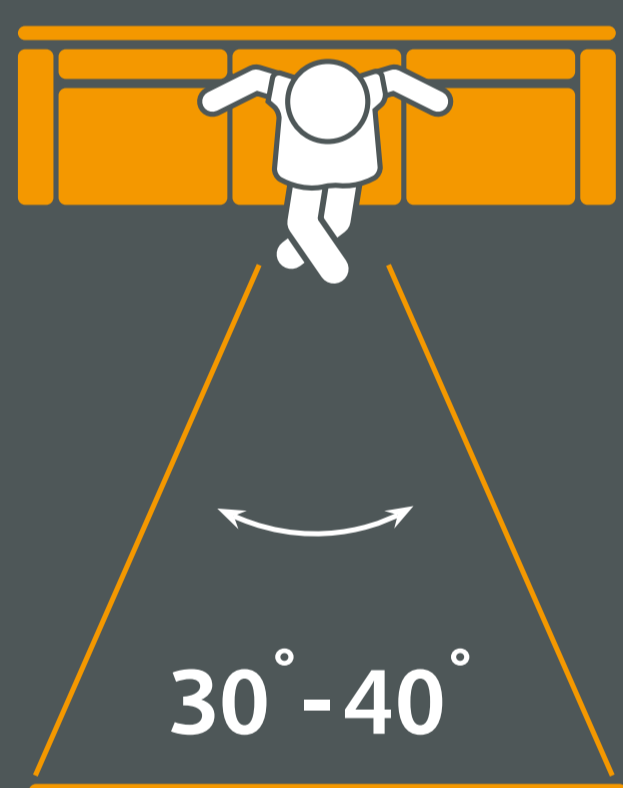
Measure from the floor to your eye height, then place the TV so that the centre of the screen is at the eye height measurement. This is the most ergonomic viewing position and may place the screen lower than you were expecting.



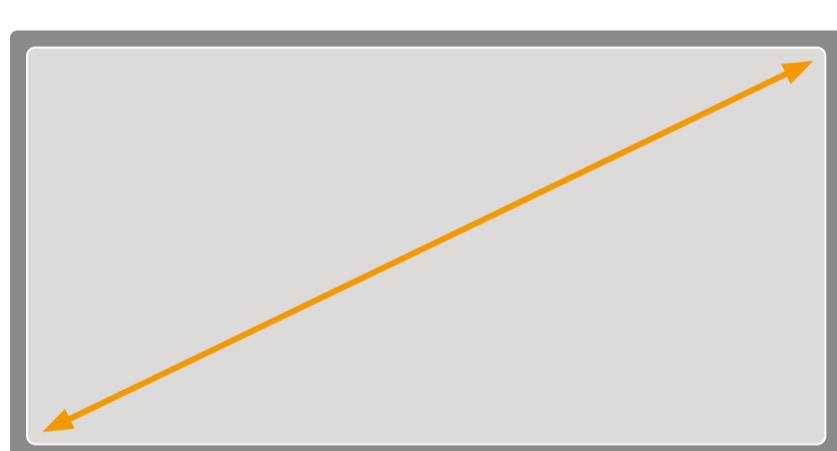
When the TV is installed above a fireplace, get as close to the eye height measurement as you can and use a Ross TV bracket with tilt adjustment to angle the screen down toward the viewer.

For the ideal screen distance, THX recommends that the TV should take up 30° of your vision for everyday viewing, or 40° for movies. The increased screen size will make movies feel more immersive and closer to a cinema experience.

Follow our three step guidance below to find the size and distance options which could work best for you:



1



Measure the diagonal size of the screen in inches with a tape measure. Remember to measure only the screen area, not the speakers and plastic surround.

2

For an approximate guide, times the inch measurement by:

Everyday 30°		Movies 40°	
0.15 for ft	0.05 for m	0.1 for ft	0.03 for m

For example, a 55 inch TV mainly used for movies, has a recommended distance of **55 x 0.03 = 1.65m**

3

Here is a table showing common screen sizes. If you know the distance between your sofa and the wall, you can also use this to get screen size suggestions:

Screen Size	Feet	Metres
24"	2.5 - 3.5ft	0.7 - 1m
32"	3 - 5ft	1 - 1.5m
42"	4 - 6ft	1.3 - 2m
50"	5 - 7.5ft	1.5 - 2.3m
55"	5.5 - 8.3ft	1.7 - 2.5m
65"	6.5 - 10ft	2 - 3m
75"	7.5 - 11.3ft	2.3 - 3.5m
85"	8.5 - 13ft	2.5 - 4m