

ABSTRACT

Provided are a spectacle lens and a technique associated therewith, wherein, when λ is a wavelength, r is a ratio of a total area of defocus regions to an overall area in plan view of a portion
 5 in which a plurality of defocus regions are provided in the spectacle lens, w is an amount of progression of a wavefront in each of the defocus regions relative to a base region, an average value of $\cos(2\pi w/\lambda)$ in one defocus region is obtained in each of the plurality of defocus regions, $c(\lambda)$ is a gross average of the plurality of average values, an average value of $\sin(2\pi w/\lambda)$ in one defocus region is obtained in each of the plurality of defocus regions, $s(\lambda)$ is a gross average of the plurality
 10 of average values, and $f(\lambda)$ is equal to $\{1-r+r \cdot c(\lambda)\}^2 + \{s(\lambda)\}^2$, a sign of $\{f(\lambda \times 1.01) - f(\lambda)\}$ is inverted at least once when the wavelength λ is increased within a range of $0.45 \mu\text{m} \leq \lambda \leq 0.65 \mu\text{m}$.