CLAIMS

WHAT IS CLAIMED IS:

1. An apparatus for treating refractive error of an eye, the apparatus comprising:

a plurality of stimuli; and

one or more optics to image the plurality of stimuli anterior or posterior to a peripheral portion of the retina to form a plurality of defocused images on a peripheral portion of the retina;

wherein the plurality of stimuli and the one or more optics are arranged to reduce interference with a central vision of the eye.

2. The apparatus of claim 1 wherein said plurality of images is defocused by an amount within a range from 3.0D to 6.0D, optionally myopically defocused, and optionally within a range from 3.5D to 5.0D.

3. The apparatus of claim 1 wherein a brightness of said plurality of defocused images is higher than a brightness of background illumination by a factor of at least 3, optionally at least 5 times the brightness of background illumination, optionally within a range from 3 to 20 times the brightness of background illumination and further optionally within a range from 5 to 15 times the brightness of background illumination.

4. The apparatus of claim 1 wherein each of said plurality of defocused images comprises an intensity profile distribution, the intensity profile distribution comprising one or more peaks distributed around an inner portion with a decreased intensity relative to the one or more peaks.

5. The apparatus of claim 4, wherein the one or more peaks comprises a plurality of peaks and wherein the inner portion is located between the plurality of peaks.

6. The apparatus of claim 5, wherein the plurality of peaks comprises four peaks and the inner portion is located between the four peaks.

7. The apparatus of claim 6, wherein the inner portion comprises a cross extending between the four peaks.

8. The apparatus of claim 4, wherein the one or more peaks comprises an annular peak and wherein the inner portion is located within the annular peak.

9. The apparatus of claim 1 wherein each of said plurality of defocused images comprises a polychromatic icon on a darker background to provide contrast and optionally wherein the polychromatic icon comprises a white icon and said darker background comprises a substantially black background.

10. The apparatus of claim 1, wherein each of the plurality of stimuli comprises a length, edges, and an intensity profile distribution to generate spatial frequencies in a range of $1X10^{-1}$ to $2.5X10^{1}$ cycles per degree as imaged into the eye anterior or posterior to the retina and optionally within a range from $1X10^{-1}$ to $1X10^{1}$ cycles per degree.

11. The apparatus of claim 1 wherein said plurality of stimuli as imaged in the eye comprises a spatial frequency distribution providing a decrease in spatial frequency amplitude with an increase in spatial frequency for a range of spatial frequencies from about $1X10^{-1}$ to about $2.5X10^{1}$ cycles per degree and optionally from $1X10^{-1}$ to about $5X10^{0}$ cycles per degree.

12. The apparatus of claim 11, wherein the decrease in spatial frequency intensity is within a range from $1/(\text{spatial frequency})^{0.5}$ to $1/(\text{spatial frequency})^{2}$ for the spatial frequency amplitude in arbitrary units and optionally from 1/(spatial frequency) to $1/(\text{spatial frequency})^{2}$ for the spatial frequency amplitude in arbitrary units.

13. The apparatus of claim 11, wherein the range of spatial frequencies is from about $3X10^{-1}$ to about $1.0X10^{1}$ cycles per degree and optionally within a range from about $3X10^{-1}$ to about $2.0X10^{0}$ and further optionally from about $3X10^{-1}$ to about $1.0X10^{0}$.

14. The apparatus of claim 1, wherein the apparatus is configured for mono-ocular stimulation of the eye of the patient.

15. The apparatus of claim 1, wherein the apparatus is configured for binocular stimulation of the patient.

16. The apparatus of claim 15, further comprising:

a second plurality of stimuli to stimulate the fellow eye of the patient; and

a second one or more optics to image the second plurality of stimuli anterior or posterior to a peripheral portion of a retina of the fellow eye to form a second plurality of defocused images on the peripheral portion of the second retina;

wherein the second plurality of stimuli and the second one or more optics are arranged to reduce interference with a central vision of the fellow eye.

17. The apparatus of claim 1 the plurality of stimuli and the one or more optics are arranged to provide a substantially uninterrupted field of view within a range from 10 degrees to 30 degrees, optionally from 10 degrees to 20 degrees and optionally within a range from 12 degrees to 18 degrees, and optionally wherein each of said plurality of defocused images is projected onto the retina outside the field of view.

18. The apparatus of claim 1, wherein each of the plurality of stimuli as imaged in the eye is overlaid onto a substantially uniform grey background, said each of the plurality of stimuli comprising a white icon, such that said icons have a total length of edges that generate features of spatial frequency predominantly in a range from $1X10^{-1}$ cycles per degree to $2.5X10^{1}$ cycles per degree and optionally within a range from $1X10^{-1}$ cycles per degree to $1X10^{1}$ cycles per degree.

19. The apparatus of claim 1, wherein each of the plurality of stimuli as imaged in the eye comprises a polychromatic icon having an edge profile on a background that generates features of spatial frequency predominantly in a range from $1X10^{-1}$ cycles per degree to $2.5X10^{1}$ cycles per degree and optionally within a range from $1X10^{-1}$ cycles per degree to $1X10^{1}$ cycles per degree.

20. The apparatus of claim 1 wherein each of the plurality of stimuli comprises a global contrast factor greater than 0.7 and optionally greater than 8.0.

21. The apparatus of claim 1, wherein the one or more optics comprises one or more of a hologram, a waveguide, a mirror, a lens, a spectacle lens, or a contact lens.

22. The apparatus of claim 1, further comprising a support to couple to the user to support the one or more optics, the support comprising a component of one or more of a head mounted device, a spectacle lens, an eyeglass frames, goggles, an AR display, a contact lens, or a VR display.

23. The apparatus of claim 1, further comprising a lens to correct a refractive error of the eye.

24. The apparatus of claim 1, wherein the one or more optics are arranged to project the plurality of stimuli toward the peripheral portion of the retina when a pupil of the eye has been dilated with a mydriatic.

25. The apparatus of claim 24 wherein the plurality of stimuli is arranged to illuminate the peripheral portion of the retina at an angle of at least 35 degrees from a visual axis of the eye.

26. The apparatus of claim 1, further comprises a sensor to measure a size of the pupil and further comprising a processor configured with instructions to direct the optical stimulus toward the eye in response to the size of the pupil and optionally wherein the size of the pupil comprises a diameter of the pupil.

27. The apparatus of claim 26, wherein the processor is configured to adjust one or more of an intensity or a duration of the optical stimulus in response to the size of the pupil.

28. The apparatus of claim 26, wherein the sensor comprises a sensor array and optionally wherein the sensor array comprises a sensor array of a camera.

29. The apparatus of claim 26, wherein the plurality of stimuli is configured to allow dilation of a natural pupil when illuminated with plurality of stimuli.

30. The apparatus of claim 1, wherein plurality of stimuli is configured to constrict the pupil by no more than one millimeter (mm) when the stimulus is provided as compared to a diameter of the pupil when the stimulus has not yet been provided.

31. The apparatus of claim 1, wherein the pupil comprises a stimulation diameter when the eye is exposed to the plurality of stimuli and wherein the eye comprises a photopic diameter when the eye is exposed to photopic viewing conditions without the plurality of stimuli, and wherein the photopic diameter is at least one millimeter smaller than the stimulation diameter and optionally wherein the photopic viewing condition comprises a luminance of at least 3 Candela (cd) per meter squared (m^2).

32. The apparatus of claim 1, wherein the stimulus is configured to illuminate the peripheral portion of the retina with an eccentricity of greater than 35 degrees with a pupil of the eye dilated by at least about 1 millimeter as compared to photopic illumination while the stimulus is provided to the peripheral retina with the eccentricity of greater than 35 degrees.

33. The apparatus of claim 1, wherein no more than 10% of a total amount of energy of the plurality of stimuli is directed to a fovea of the eye in order to decrease constriction of the pupil in response to the plurality of stimuli and optionally no more than 5% of the total amount and optionally no more than 1% of the total amount.

34. A method of treating a refractive error of an eye, the method comprising:

providing a stimulus to a peripheral region of a retina of the eye, wherein the stimulus is provided in a morning.

35. The method of claim 34, wherein the stimulus is provided by an apparatus as in any one of the preceding claims.

36. The method of claim 34, wherein the stimulus is provided between 6 am and 10 am.

37. The method of claim 34, wherein the stimulus is provided between 6 am and 10 am.

38. The method of claim 34, wherein the stimulus is provided to the eye on a plurality of adjacent days, in the morning, and wherein a total treatment time on each day comprises no more than an hour.

39. A tangible medium configured with instructions to be executed by a processor, the tangible medium configured to perform the method of any one of claims 34 to 38.

40. A patient database comprising:

treatment data corresponding to a plurality of retinal stimulation treatments for a plurality of patients; and

efficacy data for the plurality of patients, the efficacy data comprising refractive data for the plurality of treatments.

41. A method of conducting a clinical trial, the method comprising:

providing peripheral retinal stimulation to a test eye and not to a control eye on each day of a plurality of days;

measuring axial lengths of the test eye and the control eye before and after treatment on each day of a plurality of days; and

comparing axial lengths of the test eye to axial lengths of the control eye to determine efficacy of the peripheral retinal stimulation.

42. A method of treating a refractive error of an eye, the method comprising:

dilating a pupil of the eye; and

providing an optical stimulus to a peripheral portion of the retina decrease the refractive error of the eye.

43. The method of claim 42, wherein the stimulus comprises the plurality of stimuli of any one of the preceding claims.

44. The method of claim 42, wherein the pupil is dilated with a mydriatic.

45. The method of claim 44, wherein the mydriatic comprises a cycloplegic an optionally wherein the cycloplegic is selected from the group consisting of atropine, cyclopentolate, homatropine, scopolamine and tropicamide.

46. The method of claim 45, wherein the cycloplegic comprises atropine with a percentage by weight within a range from 0.025% to 0.2% and optionally from 0.05% to 0.1%.

47. The method of claim 42, wherein a size of the pupil is measured and the optical stimulus is directed toward the eye in response to the size of the pupil and optionally wherein the size of the pupil comprises a diameter of the pupil.

48. The method of claim 47, wherein one or more of an intensity or a duration of the optical stimulus is adjusted in response to the size of the pupil.

49. The method of claim 47, wherein the size of the pupil is measured with a sensor and optionally wherein the sensor comprises a sensor array and optionally wherein the sensor array comprises a sensor array of a camera.

50. The method of claim 42, wherein the pupil comprises natural pupil of the eye dilated with an appropriate amount of illumination of the peripheral retina and light from other sources passing through the natural pupil and optionally wherein the natural pupil is capable of constricting and dilating in response to illumination to the eye.

51. The method of claim 50, wherein the natural pupil is dilated with a mesopic background illumination or a scotopic background illumination and optionally wherein the mesopic background illumination comprises an amount within a range from 0.01 Candela per square meter (cd/m^2) to 3 cd/m^2.

52. The method of claim 51, wherein the natural pupil constricts by no more than one millimeter (mm) when the stimulus is provided as compared to a diameter of the natural pupil when the stimulus has not yet been provided.

53. The method of claim 51, wherein the natural pupil comprises a stimulation diameter when the eye is exposed to the stimulus and wherein the natural pupil comprises a photopic diameter when the eye is exposed to photopic viewing conditions, and wherein the photopic diameter is at least one millimeter smaller than the stimulation diameter.

54. The method of claim 42, wherein the stimulus is configured to illuminate the peripheral retina with an eccentricity of greater than 35 degrees with the pupil dilated by at least about 1 millimeter as compared to photopic illumination while the stimulus is provided to the peripheral retina with the eccentricity of greater than 35 degrees.

55. The method of claim 42, wherein no more than 10% of a total amount of energy of the plurality of stimuli is directed to a fovea of the eye in order to decrease constriction of the pupil in response to the plurality of stimuli and optionally no more than 5% of the total amount and optionally no more than 1% of the total amount.

56. The method of claim 42, wherein the stimulus comprises a photopic stimulus directed to the peripheral regions of the retina and wherein illumination of one or more of the fovea or macula comprises one or more of mesopic or scotopic illumination in order to decrease a size of the pupil.