ABSTRACT OF THE DISCLOSURE

An eyesight training device and a method therefor are provided. The device includes a binocular visual-field separation device ~~(100)~~, including a double-separation plate assembly ~~(1)~~ and an adjustable unit ~~(5)~~, ~~wherein~~ the double-separation plate assembly ~~(1)~~ includes two separation plates which are movably connected to form an included angle, and the adjustable unit ~~(5)~~ is used for adjusting the included angle between the two separation plates; and a display screen ~~(200)~~, wherein the double-separation plate assembly ~~(1)~~ separates the display screen ~~(200)~~ into a left visual field and a right visual field. The method includes: arranging two separation plates at a near-screen side ~~(3)~~; providing at least one movable training visual target ~~(300)~~ ~~in the trainee's temporal visual field~~ at each of the left and right sides of the separated display screen ~~(200)~~, respectively; when divergent fusional ability~~image~~ of ~~binocular single vision obtained by~~ the trainee's brain visual center reaches its limit~~during temporal movement of the training visual targets changes from fused state to split state~~, the two training visual targets ~~(300)~~ return along original paths to their starting positions, respectively, and repeating the process at least twice. ~~By means of completely new systematic training of present disclosure, it recovers and maintains the best eyesight of trainee by early intervention on poor eyesight caused by myopia, and avoids, slows down or prevents the occurrence and progress of pseudomyopia and true myopia.~~

(FIG. 2)