

ABSTRACT

The present invention provides an eyeglass lens and its related techniques, the eyeglass lens including: a base region that causes a light flux that has entered from an object-side face to exit from an eyeball-side face, and to enter an eye and converge at a position A on a retina; and a plurality of defocus regions that are in contact with the base region, wherein the defocus regions each include a first portion and a second portion, a refractive power of the first portion is within ± 0.12 D of the refractive power of the base region, and a light flux that passes through the second portion of the defocus region is incident on the position A as diverging light.