

Description

Title of Invention

VISION TRAINING DEVICE

5

Technical Field

[0001]

The present invention relates to a vision training device.

10

Background Art

[0002]

A crystalline lens adjuster muscle which affects human vision is an involuntary muscle and is unable to be artificially controlled by human's will. A muscular strength of the crystalline lens adjuster muscle is known to be enhanced through vision improvement training of causing a user to repeatedly recognize an object through lenses with different diopters. For such a training, a vision training device that automatically switches a diopter of a lens placed in front of the eye in a mechanical manner is disclosed.

[0003]

In the vision training device of the related art mentioned above, a method of switching a diopter lens placed in front of the eye of the user at predetermined time intervals is used. However, in the vision training device of the related art, an arbitrarily set training time is applied uniformly even though an accommodation time for a switched lens differs depending on a user. Therefore, some users feel that a lens switching time is fast, and other users feel that a lens switching time is slow, and the users have uncomfortable feeling, leading to poor training effects. Meanwhile, the accommodation time for the replaced lens indicates an accommodative facility of person vision of the user, that is, a response of a crystalline lens adjuster muscle, and a current state and a change trend thereof are important factors which should be handled with regard to vision training and performance evaluation, and they are not considered in the vision training device of the related art.

Disclosure of Invention

Technical Problem

[0004]

5 It is an object of the present invention to provide a vision training device capable of measuring and managing an accommodative status of person vision of a user.

[0005]

10 It is another object of the present invention to provide a vision training device capable of providing vision training in which a measured accommodative status of personal vision of a user is reflected.

Solution to Problem

[0006]

15 The above objects are achieved by a vision training device including a main body including at least one ocular hole corresponding to an eye of a user, at least one lens unit including a plurality of lenses having different diopters and a lens holder that supports the lenses with an interval therebetween and is movable with respect to the main body so that any one of the lenses is placed in a line of sight direction from the
20 ocular hole, a drive motor that moves the lens holder, a user input unit, and a control unit that controls the drive motor such that a test lens selected from the plurality of lenses is placed in the line of sight direction and stores an accommodation time indicating a period of time in which the eye becomes an accommodated state to the test lens.

25 [0007]

 The lens holder may be installed rotatably on a rotation shaft with respect to the main body, and the lenses may be supported on the lens holder at a predetermined angular interval in a circumferential direction, and in this case, the lens can be switched with a relatively simple structure.

30 [0008]

 The control unit may store the accommodation time of the user for the test

lens on the basis of an accommodation reflex confirmation signal input through the user input unit.

[0009]

The vision training device may further includes a sensor module that detects
 5 the accommodated state of the eye of the user, and the control unit may store the accommodation time of the user for the test lens on the basis of an accommodation reflex confirmation signal input through the sensor module, and in this case, it is possible to measure the accommodative facility of the user vision more conveniently.

[0010]

10 The plurality of lenses may have diopter values varying stepwise with predetermined diopter intervals therebetween, and the control unit may measure and store the accommodation time when the diopter is increased from an adjacent lens and the accommodation time when the diopter is decreased from an adjacent lens for each of the lenses, and in this case, it is possible to measure the accommodative facility of
 15 the user vision in view of the lens switching direction and thus measure the accommodative facility of the user vision more accurately.

[0011]

In the vision training device, the user input unit may include a training mode selection part, and the control unit may set a training time of each lens in which the
 20 stored accommodation time is reflected and expose a corresponding lens to a line of sight of the user during the training time corresponding to each lens when the training mode is selected through the user input unit, and thus the vision training in which the accommodative facility of the user vision is considered can be implemented.

[0012]

25 The accommodation time of the user for the corresponding lens may be stored when the accommodation reflex confirmation signal is input through the user input unit during an operation in the training mode, and thus the vision training in which the accommodative facility of the user vision improved through the vision training is reflected can be implemented, so that the training effects can be maximized.

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Advantageous Effects of Invention

[0014]

According to the present invention, it is possible to provide customized vision training in which a status of personal vision of a user is considered, and thus the vision of the user can be improved more effectively through the vision training.

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Brief Description of Drawings

[0015]

FIG. 1 is a perspective view of a vision training device in which an upper cover is removed according to an embodiment of the present invention.

10 [0016]

FIG. 2 is an exploded perspective view of the vision training device of FIG. 1.

[0017]

15 FIG. 3 is a block diagram of a vision training device according to an embodiment of the present invention.

[0018]

FIG. 4 is a flowchart illustrating an exemplary measurement mode operation of a vision training device according to an embodiment of the present invention.

[0019]

20 FIG. 5 is a reference diagram for describing a measurement mode operation.

[0020]

FIG. 6 is a flowchart illustrating an exemplary training mode operation of a vision training device according to an embodiment of the present invention.

[0021]

25 FIG. 7 is a front view showing a lens holder with a sliding switching mechanism.

Mode(s) for Carrying Out the Invention

[0022]

30 Hereinafter, an exemplary embodiment of the present invention will be described in detail with reference to the appended drawings.

[0023]

FIG. 1 is a perspective view of a vision training device in which an upper cover is removed according to an embodiment of the present invention, and FIG. 2 is an exploded perspective view of the vision training device of FIG. 1. Referring to FIG. 1, a vision training device according to an embodiment of the present invention includes a main body 100, temples 200 that support the main body 100 against the head so that the main body 100 can be supported on the forehead, and a front cover 300 coupled to the front surface of the main body 100. The front cover 300 has a user input unit 700 that receive various user inputs from the user. A pair of lens units 410 and 420 each including a plurality of lenses installed therein and a driving support unit 500 are installed between the main body 100 and the front cover 300. The user can wear the vision training device on the head using the temples 200 similarly to glasses.

[0024]

The main body 100 includes a curved forehead support 110 that comes into contact with face areas around the eyes of the user, a pair of ocular holes 120 formed to penetrate the forehead support 110, a nose pad 130 that accommodates the nose of the user, a lower a lower cover 140 that covers the lower part of the main body 100, and a front cover coupling portion 150 that is formed to protrude from the front surface of the main body 100 and coupled with the front cover 300.

[0025]

The forehead support 110 is formed on the back surface of the main body 100. The forehead support 110 has a shape which is curved in a direction from the rear of the main body 100 to the front of the main body 100 so that it can comfortably come into contact with the head of the user when the user wears the vision training device.

[0026]

The ocular holes 120 are a pair of openings formed to penetrate the forehead support 110. The ocular holes 120 are aligned with the eyes of the user when the user wears the vision training device. The ocular holes 120 may be formed in a circular or transversely elongated oval shape.

[0027]

The lower cover 140 is formed in an opaque plate shape protruding from the front surface of the main body 100, and includes the front cover coupling portion 150 which is formed on the upper surface thereof and coupled with the front cover 300.

[0028]

5 The temples 200 have a temple shape of glasses and are installed on the back surface of the main body 100 and may be replaced with a strap or a band that can support a wearing state of the vision training device.

[0029]

10 A lens assembly 400 includes the pair of lens units 410 and 420 and a pair of shaft supports 430 and 440 supporting rotational shafts of the lens units 410 and 420. The lens assembly 400 further include an interval adjusting unit 450 for adjusting an interval between the pair of lens units 410 and 420. The pair of lens units 410 and 420 have similar configurations, and the pair of shaft supports 430 and 440 have similar configurations, and for the sake of convenience of description, one of the lens
15 units 410 and 420 and one of the shaft supports 430 and 440 will be described.

[0030]

 The lens unit 420 includes a circular lens holder in which a plurality of lens installation holes are radially installed. A plurality of lenses are installed in the plurality of lens installation holes. The lenses are lenses with different diopter values.
20 For example, the lenses may have diopter values that change sequentially such as -2, -1, 0, +1, and +2. The lenses may be soft or hard lenses. The lenses may be color lenses having different colors. A lens for any other purposes such as a lens to block the line of sight of the user, a polarizing lens, or a color filter may be added.

[0031]

25 The lens unit 410 rotates with driving of a drive motor 600, so that a lens placed in a line of sight direction of the user is switched to another lens having a diopter value different from that of the lens.

[0032]

 The shaft support 440 supports the rotational shaft of the lens unit 420. The
30 shaft support 440 has front and back surfaces with which parts of both surfaces of the lens unit 420 are covered. A first opening 442 and a second opening (not illustrated)

are formed on the front surface and the rear surfaces of the shaft support 440. The first opening 442 and the second opening (not illustrated) are formed in the shaft portion 440 to be positioned within the line of sight direction of the user through the ocular hole 120.

5 [0033]

The interval adjusting unit 450 includes a pair of racks 452 and 454 extending in directions facing each other from the pair of lens units 410 and 420, a pinion 456 that mesh with the pair of racks 452 and 454, and a dial 458 that rotationally drives the pinion 456. The interval adjusting unit 450 adjusts the interval between the pair of
10 lens units 410 and 420 in accordance to a distance between the eyes which defers depending on each user. The user may rotate the dial 458 to adjust the distance between the pair of lens units 410 and 420 in accordance with a distance between his/her eyes. The interval adjustment between the pair of lens units 410 and 420 may be performed by rotationally driving the pinion 460 by motor driving means.

15 [0034]

The drive motor 600 rotates the lens units 410 and 420 under control of a control unit 800. At least one lens placed in the line of sight direction of the user is switched to a lens having a different diopter value with the rotational driving of the lens units 410 and 420. The drive motor 600 may be implemented by a DC motor
20 but is not limited thereto. The drive motor 600 may be implemented by other motors capable of rotating the lens units 410 and 420 at a constant rotation angle.

[0035]

The drive motors 600 for rotating the lens units 410 and 420 are installed in the driving support unit 500. The driving support unit 500 has a drive motor coupling
25 groove 510 in which the drive motor 600 is accommodated and a third opening 520 which is collinear with the first opening 442 of the shaft support 440.

[0036]

Although the vision training device according to the embodiment of the present invention is illustrated in FIGS. 1 and 2 as including a pair of lens units, the
30 vision training device according to the embodiment of the present invention may include only one lens unit. When the vision training device includes only one lens

unit, the measurement of the status of the personal vision of the user and the vision training are performed for the left eye or the right eye using a single lens unit.

[0037]

FIG. 3 is a block diagram of the vision training device according to an
5 embodiment of the present invention.

[0038]

The user input unit 700 is installed on one side of the front cover 300 of the vision training device. The user input unit 700 includes a plurality of user input buttons 710, 720, 730, 740, 750, and 760. Specifically, the examples of the buttons
10 include a power button 710, a user selection button 720, an upward button 730, a downward button 740, a measurement mode selection button 750, and a training mode selection button 760. The control unit 800 receives the user input input through the user input unit 700 and controls the vision training device such that an operation corresponding to the user input is performed. The button-shaped user input unit 700
15 may be replaced with a keypad, a touch screen, or the like. In the illustrated embodiment, the user input unit 700 is installed in the vision training device, but the user input unit 700 may be implemented by a wired or wireless remote controller, an application in a mobile device such as a smart phone, or the like. The user input unit 700 can be implemented by a voice recognition technique using a microphone.

20 [0039]

A communication unit 900 performs wired or wireless communication with an external device such as a smart phone, a tablet PC, a user server, or the like. The vision training device can perform transmission and reception of data with the external device through the communication unit 900.

25 [0040]

A memory 1000 stores user information, vision data, training data, and various types of data necessary for the operation of the vision training device. The memory 1000 causes data stored therein to be provided to the control unit 800 or the communication unit 900 or stores provided data under the control of the control unit
30 800.

[0041]

A sensor module 1100 may be installed at a predetermined position in the main body 100 and outputs infrared light toward the eye of the user and receives infrared light reflected from the eye. The sensor module 1100 checks whether or not the eye of the user is in an accommodated state. The sensor module 1100 checks
5 whether or not the eye of the user transitions from an accommodated state to a non-accommodated state or from the non-accommodated state to the accommodated state. The sensor module may be implemented by a principle similar to an examination principle of an auto refractor which is commonly used. For example, the sensor module includes a light output unit that outputs infrared light toward the eye of the
10 user, a light detecting unit that detects reflected light reflected from the eye of the user, and a refraction evaluating unit that calculates the focal length of the detected reflected light and calculates a position at which infrared light output toward the eye focus on the eye using the focal length. The sensor module 1100 determines that the eye of the user is in the accommodated state when the focus of the infrared light output toward
15 the eye focuses on the retina. The sensor module 1100 transmits an accommodation reflex confirmation signal to the control unit 800 when the eye of the user is determined to be in the accommodated state. The sensor module 1100 transmits an accommodation state change confirmation signal to the control unit 800 when the eye of the user transitions from the accommodated state to the non-accommodated state or
20 from the non-accommodated state to the accommodated state.

[0042]

The control unit 800 performs control such that the drive motor 600 is rotationally driven at predetermined time intervals. The control unit 800 may adjust a rotation angle of the lens units 410 and 420 rotated by the drive motor 600. The
25 control unit 800 may rotate the lens units 410 and 420 at a set rotation angle such that lenses placed in the line of sight direction of the user are switched to lenses having different diopters. The control unit 800 may change the rotation direction of the drive motor 600.

[0043]

30 FIG. 4 is a flowchart illustrating an exemplary measurement mode operation of the vision training device according to an embodiment of the present invention, and

FIG. 5 is a reference diagram for describing the measurement mode operation. The measurement mode operation of the vision training device according to an embodiment of the present invention will be described below with reference to FIGS. 4 and 5.

5 [0044]

First, the user pushes the power button 710 of the user input unit 700, so that electric power is applied to the vision training device. The user wears the vision training device and then selects the measurement mode by pushing the measurement mode selection button 750 of the user input unit 700 (S110). At this time, a target
10 image which can be recognized by the user is arranged in front of the vision training device. The target image may be an object located at a predetermined distance, for example, a distance of 30 cm to 40 cm or an image displayed on a display of a smartphone or the like. Alternatively, the target image may be displayed on a display installed in the vision training device. Here, a blocking lens 419 is used to block the
15 eye of the user, and when the blocking lens 419 is placed in front of the eye of the user, the eye of the user is blocked so that the eye of the user does not recognize the target image. The blocking lens 419 may be used when monocular measurement or a monocular training operation is performed.

[0045]

20 A primary lens 415 with a diopter of zero is placed in the line of sight of the user since the user uses the vision training device with a corrected eye. If the user uses the vision training device with a non-corrected eye, the user can select an arbitrary lens to be placed in the line of sight by pushing the upward button 730 or the downward button 740 of the user input unit 700. Alternatively, when there is an accommodation
25 time which is already measured, the control unit 800 can select a lens with the shortest accommodation time as a lens to be placed in the line of sight of the user. This is because the lens with the short accommodation time is a lens with a diopter closest to the vision of the user.

[0046]

30 When the user recognizes the target image through the primary lens 415, the eye of the user enters the accommodated state in which the target image is clearly

recognized. When the user pushes the user selection button 720 or the up button 730 or the down button 740 in the accommodated state, the primary lens 415 is switched to a first test lens 417. In other words, the control unit 800 exposes the first test lens 417 for performing the measurement mode operation to the line of sight of the user (S120). Accordingly, the user does not recognize the target image clearly because the lens which the eye of the user is not accommodated is placed. In other words, the eye of the user enters the non-accommodated state.

[0047]

The control unit 800 checks whether or not the accommodation reflex confirmation signal is input through the user input unit 700 at step (S130). The accommodation reflex confirmation signal is a signal indicating that the user recognizes the target image through the test lens clearly. In other words, the accommodation reflex confirmation signal is a signal indicating that the eye of the user is in the accommodated state.

[0048]

The accommodation reflex confirmation signal may be selectively input via the user input unit 700 or the sensor module 1100.

[0049]

In the case of the input via the user input unit 700, if the user pushes the user selection button 720 of the user input unit 700 when the user recognizes the target image clearly through the first test lens 417, the accommodation reflex confirmation signal is input via the user input unit 700. In the case of the input via the sensor module 1100, the sensor module 1100 repeatedly checks whether or not the eye of the user enters the accommodated state at set intervals, and transmits the accommodation reflex confirmation signal to the control unit 800 when the eye of the user enters the accommodated state.

[0050]

When the accommodation reflex confirmation signal is provided to the control unit 800, a period of time from a time at which the first test lens 417 is placed in the line of sight of the user to a time at which the accommodation reflex confirmation signal is input is stored as an accommodation time t1 for the first test lens

417.

[0051]

The measurement mode operation is performed for each of the lenses installed in the lens unit 420. The accommodation time for each lens is measured according to the lens switching direction. For example, when the accommodation time of the first test lens 417 is measured, the accommodation time t_1 when the first test lens 417 is switched to the first test lens 417 and an accommodation time t_2 when the first test lens 417 is switched to a second test lens 418 are measured. This is because the accommodation time for the first test lens 417 with the same diopter value is measured, but the accommodation time may vary depending on the diopter value of the lens to which the eye of the user has already accommodated before recognizing the target image through the first test lens 417.

[0052]

The accommodation times t_1 , t_2 , t_3 , t_4 , t_5 , and t_6 for the measured lenses 415, 416, 417 and 418 are stored in the memory 1000 and used as data for training time settings.

[0053]

The measurement mode described above is a mode for measuring the accommodation time of the eye of the user to the lens, and the accommodation level of the eye of the user to the lens can be used as an important parameter for evaluating the status of the personal vision of the user in association with the accommodation power of the user. With the measurement mode, it is possible to detect the status of the personal vision of the user and provide customized vision training in which the status of the personal vision is reflected, whereby the visual improvement effects can be maximized.

[0054]

FIG. 6 is a flowchart illustrating an exemplary training mode operation of the vision training device according to an embodiment of the present invention.

[0055]

The user pushes the power button 710 of the user input unit 700, so that the electric power is applied to the vision training device. The user wears the vision

training device and then selects the training mode by pushing the training mode selection button 760 of the user input unit 700.

[0056]

When the training mode is selected, the control unit 800 sets a training time
 5 for each lens by reflecting the accommodation time stored in the memory 1000 (S210)
 and starts the training mode operation (S220). The training time means a period of
 time in which a selected lens is exposed to the line of sight of the user. An initial
 training time may be set to be equal to or slightly longer or shorter than the stored
 accommodation time. As the user repeatedly performs the vision training, the
 10 accommodation time is reduced, and the training time is reduced gradually. The
 vision training effects can be maximized since the vision of the user is improved by
 the repetitive vision training.

[0057]

When the user turns on the power button and selects the training mode, the
 15 control unit 800 controls the drive motor 600 such that a selected first lens among a
 plurality of lenses is exposed to the line of sight of the eye of the user (S230). The
 first lens may be a lens which is set by the user or a lens which is arbitrarily selected
 by the control unit. Preferably, the lens with the shortest accommodation time or the
 shortest training time is selected as the first training lens. The lens with the short
 20 accommodation time or the like is regarded as a lens with a diopter closest to the status
 of the person vision of the user and thus induces comfortable accommodation of the
 eye of the user, thereby maximizing the training effects.

[0058]

When the training time set for the first lens is passed (S240), it is checked
 25 whether or not there is a lens which is preset for the next training (S250). When there
 is a lens which is preset for the next training, the lens selected as the first lens for
 training is switched to the lens set for the next training (S260).

[0059]

The training process of exposing the switched lens to the line of sight of the
 30 user during the set training time is repeated. As a lens switching method, a method
 of automatically switching the lens in accordance with settings performed by the

control unit 800 or a method of manually switching the lens in accordance with settings performed by the user via the user input unit 700 may be used. A sequential switching method in which a training start lens is set, and then the lens is sequentially switched in a clockwise or counterclockwise direction or an alternate switching
 5 method in which a pair of adjust lenses are alternately switched may be used.

[0060]

The accommodation reflex confirmation signal indicating that the eye of the user has accommodated to the lens may be input during the training time for the first lens (S270). The accommodation reflex confirmation signal may be selectively input
 10 via the user input unit 700 or the sensor module 1100 as described above. When the accommodation reflex confirmation signal is input, it means that the adjuster muscle of the eye of the user has accommodated before the training time expires. This means that the vision of the has accommodated to the lens earlier due to the training effects. In this case, the accommodation time is stored (S280), and the training effects of the
 15 user are evaluated, and the accommodation time is reflected when the next training time is set.

[0061]

The lens switching method or a range of lenses to be switched may be set automatically by the control unit 800 or may be set manually by the user.

20 [0062]

A sequential switching method in which a training start lens is set, and then the lens is sequentially switched in a clockwise or counterclockwise direction or an alternate switching method in which a pair of adjust lenses are alternately switched may be used.

25 [0063]

Also, as the range of the lenses to be switched, all the lenses may be set by the control unit 800 in a normal case, but arbitrary lenses may be selected directly by the user through the user input unit 700.

[0064]

30 Through the repetition of the above-described training operation, the crystalline lens adjuster muscle of the user repeats relaxation and contraction, and as a

result, the muscle strength of the crystalline lens adjuster muscle is enhanced, thereby improving the vision of the user.

[0065]

Also, the vision training device according to the embodiment of the present invention provides the customized vision training of measuring the accommodation level of the eye of the user to each lens in the measurement mode, setting the training conditions on the basis of the measured accommodation level, and performing the training operation, so that the vision training effects can be maximized through such vision training.

10 [0066]

In the above-described embodiment, the lens holder of the vision training device of the present invention has been described as having a circular shape and switching the lens with the rotation, but the lens holder of the vision training device of the present invention may have a configuration in which lenses are disposed in a line, and the lens is switched in a sliding manner. FIG. 7 is a front view illustrating a lens holder with a sliding switching mechanism.

[0067]

A sliding lens assembly 400' with a sliding switching mechanism includes a pair of lens holders 460a which are configured to move in a transverse direction with an intermittent operation of the drive motor. Although the lens holder 460a is illustrated as moving in the transverse direction in FIG. 7, the lens holder 460a may be configured to move in a longitudinal direction.

[0068]

The lens assembly 400' includes a lens switching driving unit 480 and rack moving units 470a disposed above and below the lens switching driving unit 480. The rack moving unit 470a has a body which extends in the transverse direction and teeth which protrude from the body toward the lens switching driving unit 480 and meshes with the lens switching driving unit 480. Accordingly, the pair of rack moving units 470a can be moved away from each other with clockwise rotation of the lens switching driving unit 480 or can be brought close to each other with counterclockwise rotation of the lens switching driving unit 480.

[0069]

A lens holder 460a is detachably coupled to a free end side of the rack moving unit 470a. The lens holder 460a has a shape extending in the longitudinal direction of the rack moving unit 470, and a plurality of lenses 461a are installed side by side
5 along the longitudinal direction. Lenses 461a are detachably installed in the lens holder 460a.

[0070]

A slit 471a is formed in the rack moving unit 470a so that the rack moving unit 470a can be supported inside the main body 100 to be movable in the transverse
10 direction. The slit 471a extends along the longitudinal direction of the rack moving unit 470a, and a plurality of support rollers 473a are inserted into the slit 471a. The support rollers 473a are fixedly installed in the main body 100 and inserted into the slit 471a to support the rack moving unit 470a so that the rack moving unit 470a is movable.

15 [0071]

With this structure, in the lens assembly 400' with the sliding switching mechanism, the lens holders 460a can be brought away from or close to each other according to the rotation direction of the lens switching driving unit 480. As the lens holders 460a are brought away from or close to each other, the lens 461a placed in
20 front of the eye of the user in the line of sight direction can be switched, so that the ciliary muscle of the user is enhanced.

[0072]

The revolver-type lens assembly 400 and the slide-type lens assembly 400' described above may be modified in various forms depending on designs, but such
25 modifications are included in the scope of the present invention.

CLAIMS

1. A vision training device, comprising:
 - a main body including at least one ocular hole corresponding to an eye of a user;
 - at least one lens unit including a plurality of lenses having different diopters and a lens holder that supports the lenses with an interval therebetween and is movable with respect to the main body so that any one of the lenses is placed in a line of sight direction from the ocular hole;
 - a drive motor that moves the lens holder;
 - a user input unit; and
 - a control unit that controls the drive motor such that a test lens selected from the plurality of lenses is placed in the line of sight direction and stores an accommodation time indicating a period of time in which the eye becomes an accommodated state to the test lens.
2. The vision training device according to claim 1, wherein the lens holder is installed rotatably on a rotation shaft with respect to the main body, and the lenses are supported on the lens holder at angular intervals in a circumferential direction.
3. The vision training device according to claim 1, wherein the control unit stores the accommodation time of the user for the test lens on the basis of an accommodation reflex confirmation signal input through the user input unit.
4. The vision training device according to claim 1, further comprising, a sensor module that detects the accommodated state of the eye of the user,
 - wherein the control unit stores the accommodation time of the user for the test lens on the basis of an accommodation reflex confirmation signal input through the sensor module.
5. The vision training device according to claim 1, wherein the plurality of lenses have diopter values varying stepwise with predetermined diopter intervals therebetween, and
 - the control unit measures and stores the accommodation time when the diopter is increased from an adjacent lens and the accommodation time when the diopter is decreased from an adjacent lens for each of the lenses.

6. The vision training device according to claim 1, wherein the user input unit includes a training mode selection part, and

the control unit sets a training time of each lens in which the stored accommodation time is reflected and exposes a corresponding lens to a line of sight of the user during the training time corresponding to each lens when the training mode is selected through the user input unit.

7. The vision training device according to claim 6, wherein, in the training mode, the lens is switched after the lens is exposed to the line of sight of the user for the training time for each of the plurality of lenses.

8. The vision training device according to claim 6, wherein the accommodation time of the user for the corresponding lens is stored when the accommodation reflex confirmation signal is input through the user input unit during an operation in the training mode.