

ABSTRACT

The present invention provides an eyeglass lens and its related techniques, the eyeglass lens including: a base region that causes a luminous flux that has entered from an object-side face to exit from an eyeball-side face, and to enter an eye and converge on a retina; and a plurality of defocus regions that are in contact with the base region and that are each configured such that a luminous flux that passes through at least a part of the corresponding defocus region enters the retina as diverging light, in which a defocus spot angle (DSA) of the luminous flux that causes a light spot having a size mainly for cones is set in a defocus region located near the center of the eyeglass lens, and a defocus spot angle (DSA) of the luminous flux that causes a light spot having a size mainly for rods is set in a defocus region located near the periphery of the eyeglass lens.