What is claimed is:

1. An ophthalmic lens, comprising:

a first region corresponding to a first area of an optical surface of the ophthalmic lens; and

a second region corresponding to a second area of the optical surface of the ophthalmic lens different from the first area, the second region comprising an optically-switchable component switchable between a first optical state and a second optical state different from the first optical state, wherein in the first optical state the second region partially scatters or defocuses light incident on the second area,

wherein in the second optical state, the second region partially scatters light incident on the second area by an amount that is different than the first optical state.

2. The ophthalmic lens of claim 1, wherein, in at least one optical state, the first area is a substantially transparent area.

3. The ophthalmic lens of claim 1, wherein the first area has a maximum dimension in a range from about 2 mm to about 10 mm.

4. The ophthalmic lens of claim 1, wherein the first area is a circular area.

5. The ophthalmic lens of claim 1, wherein the first region comprises the optically-switchable component and is switchable between a transparent optical state and a partially scattering optical state.

6. The ophthalmic lens of claim 1, wherein the second area surrounds the first area.

7. The ophthalmic lens of claim 1, wherein in the second optical state, the second region is substantially transparent.

8. The ophthalmic lens of claim 1, wherein the optically-switchable component is switchable between more than two optical states.

9. The ophthalmic lens of claim 8, wherein the optically-switchable component is continuously tunable between different optical states.

10. The ophthalmic lens of claim 1, wherein the first area intersects with an optical axis of the ophthalmic lens and/or the first area corresponds with a user's foveal visual field for distance viewing.

11. An ophthalmic lens, comprising:

a first region corresponding to a first area of an optical surface of the ophthalmic lens; and

a second region corresponding to a second area of the optical surface of the ophthalmic lens different from the first area, the second region comprising an optically-switchable component switchable between a first optical state and a second optical state different from the first optical state, wherein in the first optical state the second region partially scatters or defocuses light incident on the second area,

wherein the second area is switchable between different optical powers and the second area is switchable between a first optical power corresponding to an optical power of the first area and a second optical power in which the second area introduces a myopic defocus to light passing through the ophthalmic lens.

12. The ophthalmic lens of claim 11, wherein the second area corresponds to one or more lenslets.

13. The ophthalmic lens of claim 11, wherein the second area corresponds to one or more annular regions.

14. The ophthalmic lens of claim 1, wherein the optically-switchable component comprises an electro-optic material.

15. The ophthalmic lens of claim 14, wherein the electro-optic material comprises a liquid crystal material.

16. The ophthalmic lens of claim 15, wherein the electro-optic material is a polymer-dispersed liquid crystal (PDLC) material.

17. The ophthalmic lens of claim 14, wherein the electro-optic material is arranged in a layer between two transparent substrates, wherein at least one substrate supports an electrode layer.

18. The ophthalmic lens of claim 17, wherein the electrode layer is formed from a transparent electrically-conducting material.

19. The ophthalmic lens of claim 18, wherein each of the substrates support an electrode layer and at least one of the electrode layers is a patterned electrode layer comprising a first electrode corresponding to the first region and a second electrode corresponding to the second electrode.

20. A method for reducing contrast of images formed in a person's peripheral vision, comprising:

varying, using an optically-switchable material in an ophthalmic lens used by the person, an amount of scattering in an area of the lens.

21. The method of claim 20, wherein the varying comprises one or more of the following: (i) varying an area of the lens which scatters incident light and varying an area of the lens that is transparent; (ii) varying a size of the area of the lens which scatters incident light; and (iii) varying a location of the area of the lens which scatters incident light.

22. The method of claim 20, wherein the amount of scattering is varied based on a visual task of the person.

23. The method of claim 20, wherein the amount of scattering is varied based on the person's eye movements.

24. The method of claim 23, wherein the amount of scattering is varied to align a transparent area of the lens with the person's central visual axis and align a scattering area with the person's peripheral visual field.