[0198] Using attractive visual targets to form visual images with characters: 3D stereoscopic, its appearance-disappearance, color change, size enlargement-reduction, subtle addition or reduction of appearance, alternation between thinness and thickness, virtuality and reality of contour lines, mosaic patterns, moving, jumping, standing, and adding features, contrast (such as synonyms and antonyms), etc., so that the "Troxler fading effect" is avoided, and the concentration of training is maintained, thus enabling continuous stimulation to the brain, well maintaining training of the divergent fusional ability for far longer time, and achieving the training purpose efficiently.

[0199] It should be noted that the important function of peripheral vision is to identify and distinguish common structures, similar forms, and actions taking place in the visual background. The central vision and peripheral vision together constitute the panoramic and detailed visual field seen by eyes every day.

[0200] Because of the mostly spherical shape of the eye and the relationship between the pupil size and the relative positions of the lens and the peripheral retina in daily life, the peripheral retina clinically making an important contribution to the overall vision, refers to the range (about 25 degrees to 60 degrees) before and after the equator of the eye (about 43 degrees). Because peripheral hyperopic defocus at peripheral retina can also induce and accelerate the formation and progress of myopia, weakening or correcting peripheral hyperopic defocus can help to inhibit the formation of pseudomyopia and true myopia.

[0201] Therefore, FIGS. 4A-4G shows an embodiment of peripheral vision training for the unilateral visual field range based on the peripheral central training visual targets.

[0202] In this embodiment, the distance between the central training visual targets 300 is 2-30 mm larger than the primary eye position. The peripheral training visual targets A and B move from the position of 25 degrees to 60 degrees on the temporal side of the visual field of each eye with reference to the central training visual targets in the binocular single vision state.

[0203] FIG. 4A shows the situation that the peripheral training visual targets A and B are fixed.

[0204] FIGS. 4B to 4D show the situation that the peripheral training visual target B is fixed, the peripheral training visual target A moves to B, and A stops moving when A and B overlap.

[0205] FIGS. 4E to 4G show the situation that the peripheral training visual target A moves away from the training visual target B in the opposite direction, and the peripheral training visual target A stops moving when it reaches the starting position.

[0206] The above specially designed peripheral training visual targets A and B meet the following requirements.

[0207] (1) The background color of the peripheral training visual target: gray.