Using natural STOP growth signals to prevent excessive axial elongation and the development of myopia.

<https://www.ncbi.nlm.nih.gov/pubmed/15008556>

* Relatively brief periods of myopic defocus can overcome pressures towards increasing axial length

Does convergence, not accommodation, cause axial-length elongation at near? A biometric study in teens.

<https://www.ncbi.nlm.nih.gov/pubmed/10325546>

* Convergence could be what causes axial length increase rather than the accommodation itself

Eye Exercises Enhance Accuracy and Letter Recognition, but Not Reaction Time, in a Modified Rapid Serial Visual Presentation Task

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3602039/>

* Eye exercises can improve cognitive visual performance, but not necessarily reduce axial length.
* Could be part of the reason why improvement is observed in the bates method.

The Truth about eye exercises

<https://babel.hathitrust.org/cgi/pt?id=uc1.b4399673;view=1up;seq=7>

* Ebook that talks about the unorthodox category of eye exercises
* Slightly outdated, but actually describes pseudo-myopia

Nearwork-induced transient myopia (NITM) and permanent myopia - is there a link?

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1475-1313.2008.00550.x>

* Investigation of possible relationships between pseudo-myopia and regular axial myopia
* Psuedo-myopia is short-lived

Chick eye compensate for chromatic simulations of hyperopic and myopic defocus: Evidence that the eye uses longitudinal chromatic aberration to guide eye-growth

<https://www.sciencedirect.com/science/article/pii/S004269890900159X>

* Eyes will adjust appropriately for hyperopic defocus and myopic defocus.
* Change in choroid thickness is used to guide axial elongation

Human Optical Axial Length and Defocus

<https://iovs.arvojournals.org/article.aspx?articleid=2126435>

* The length of the eyeball can be changed by providing hyperopic defocus or myopic defocus

Myopia and Pseudo-Myopia

<https://bjo.bmj.com/content/bjophthalmol/30/12/735.full.pdf>

* Pseudo-myopia can be cured by paralyzing the ciliary muscle

Optical reduction of peripheral hyperopic defocus

<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1755-3768.2015.0121>

* Reducing hyperopic defocus retards the progression of myopia
* Outdoor activity prevents the progression of myopia

Atropine eye drops

<https://www.netdoctor.co.uk/medicines/eye-care/a7846/atropine-eye-drops/>

* Explains atropine/similar substances. They dilate the pupils and paralyze the ciliary

Blur adaptation in myopes

<https://www.ncbi.nlm.nih.gov/pubmed/15365384>

* Concept of blur adaptation is given and scientific evidence of what blur adaptation does.

Eyestrain

<https://www.mayoclinic.org/diseases-conditions/eyestrain/symptoms-causes/syc-20372397>

* Explains eye strain
* Eye strain itself does not have any long-term complications

Pseudomyopia: Etiology, Mechanisms and Therapy

<https://www.healio.com/ophthalmology/journals/jpos/1970-5-7-2/%7B7d64831e-3fc8-4050-9944-6f66dca694db%7D/pseudomyopia-etiology-mechanisms-and-therapy>

* Psuedo-myopia is diagnosed in properly conducted eye exams because the ciliary is put to rest
* Glasses are prescribed based on myopia / Axial elongation

Effect of Dual-Focus Soft Contact Lens Wear on Axial Myopia Progression in Children

<https://www.aaojournal.org/article/S0161-6420(10)01154-1/abstract>

* Myopic defocus can help slow the progress of myopia
* Refraining from using distance glasses to do nearsighted work helps slow the progression of myopia.

Posterior scleral reinforcement for the treatment of pathological myopia

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4853356/>

* Reinforcing the eyeball from the back, can be used to stop the eyeball from growing further
* The progress of myopia is associated with the elongation of the eyeball

Axial length and choroidal thickness changes accompanying prolonged accommodation in myopes and emmetropes.

<https://www.ncbi.nlm.nih.gov/pubmed/23017772>

* The eyeball changes accompanying prolonged near focusing in myopes and those with 20/20 vision
* Possible proof that prolonged accommodation may provide the stimulus for the eyeball to elongate.
* The eyeball grows rather than continuous strain in the muscles

Anterior scleral thickness changes with accommodation in myopes and emmetropes.

<https://www.ncbi.nlm.nih.gov/pubmed/30040950>

* The thickness of the sclera changes during focusing for myopic people and people with 20/20 vision
* Could possibly mean that the eyeball slightly changes shape during the process of focusing

Axial length changes with shifts of gaze direction in myopes and emmetropes.

<https://www.ncbi.nlm.nih.gov/pubmed/22918637>

* Axial length changes with shifts in gaze direction
* Convergence of the eyes causes pressure on the eyeball which may cause it to elongate.
* The angle of gaze most common to book reading is the gaze that causes the eyeball to elongate the most

Theories of Accommodation

<https://www.eurotimes.org/theories-of-accommodation/>

* Different theories of accommodation of the eyeball
* They all involve the lens in some manner

Myopia: A close look at efforts to turn back a growing problem

<https://nei.nih.gov/content/myopia-close-look-efforts-turn-back-growing-problem>

* Correlation and possible causation of myopia by education
* Physiological development of myopia in school children.