CLAIMS

1. A life management apparatus comprising:

a fatigue degree input unit configured to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit configured to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; ~~and~~

a recommended duration informing unit configured to inform the user of the recommended duration calculated by the recommended duration calculation unit;~~.~~

~~2. The life management apparatus according to Claim 1, further comprising:~~

an actual duration input unit configured to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration;

a sleep duration calculation unit configured to calculate a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration; and

a sleep duration informing unit configured to inform the user of the sleep duration calculated by the sleep duration calculation unit.

23. The life management apparatus according to Claim 12, further comprising:

a sleep duration input unit configured to input an actual sleep duration of the user; and

a sleep duration evaluation unit configured to evaluate the sleep duration input by the sleep duration input unit against the sleep duration calculated by the sleep duration calculation unit, and to inform the user of an evaluation result.

34. The life management apparatus according to Claim 12,

wherein the fatigue degree input unit inputs a fatigue degree of the user after sleeping, as a post-sleep fatigue degree, and writes an input value of the post-sleep fatigue degree into the storage device,

the life management apparatus further comprising:

a sleep duration input unit configured to input an actual sleep duration actually taken by the user: and

a sleep duration correction unit configured to read the input value of the post-sleep fatigue degree written by the fatigue degree input unit from the storage device, to generate correction information for the sleep duration to be calculated by the sleep duration calculation unit, based on the input value of the post-sleep fatigue degree read from the storage device and a difference between the sleep duration calculated by the sleep duration calculation unit and the sleep duration input by the sleep duration input unit, and to write the correction information into the storage device,

wherein, when calculating the sleep duration to be recommended to the user, the sleep duration calculation unit reads the correction information written by the sleep duration correction unit from the storage device, and uses the read correction information.

45. The life management apparatus according to any one of Claims 1 to 34, wherein the recommended duration calculation unit calculates a bath duration to be recommended to the user, as the recommended duration.

~~6. The life management apparatus according to Claim 1, wherein the recommended duration calculation unit calculates a sleep duration to be recommended to the user, as the recommended duration.~~

~~7. The life management apparatus according to Claim 1, further comprising: an actual duration input unit configured to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration; and an actual duration evaluation unit configured to evaluate the actual duration input by the actual duration input unit against the recommended duration calculated by the recommended duration calculation unit, and to inform the user of an evaluation result.~~

58. A life management apparatus comprising:

a fatigue degree input unit configured to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit configured to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input

value of the pre-action fatigue degree read from the storage device; and

a recommended duration informing unit configured to inform the user of the recommended duration calculated by the recommended duration calculation unit.

~~The life management apparatus according to Claim 1,~~

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the life management apparatus further comprising:

an actual duration input unit configured to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration; and

a recommended duration correction unit configured to read the input value of

the post-action fatigue degree written by the fatigue degree input unit from the storage device, to generate correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and to write the correction information into the storage device,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.

69. A life management method comprising:

inputting a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and writing an input value of the pre-action fatigue degree into a storage device, by a fatigue degree input unit;

reading the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and calculating a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device, by a recommended duration calculation unit; ~~and~~

informing the user of the recommended duration calculated by the recommended duration calculation unit, by a recommended duration informing unit;~~.~~

inputting a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration, by an actual duration input unit;

calculating a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration, by a sleep duration calculation unit; and

informing the user of the sleep duration calculated by the sleep duration calculation unit, by a sleep duration informing unit.

7. A life management method comprising:

inputting a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and writing an input value of the pre-action fatigue degree into a storage device, by a fatigue degree input unit;

reading the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and calculating a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device, by a recommended duration calculation unit; and

informing the user of the recommended duration calculated by the recommended duration calculation unit, by a recommended duration informing unit,

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the life management method further comprising:

inputting a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration, by an actual duration input unit; and

reading the input value of the post-action fatigue degree written by the fatigue degree input unit from the storage device, generating correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and writing the correction information into the storage device, by a recommended duration correction unit,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.

8~~10~~. A program that causes a computer to function as:

a fatigue degree input unit to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; ~~and~~

a recommended duration informing unit to inform the user of the recommended duration calculated by the recommended duration calculation unit;~~.~~

an actual duration input unit to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration;

a sleep duration calculation unit to calculate a sleep duration to be recommended to the user, in accordance with a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, when the actual duration is shorter than the recommended duration; and

a sleep duration informing unit to inform the user of the sleep duration calculated by the sleep duration calculation unit.

9. A program that causes a computer to function as:

a fatigue degree input unit to input a fatigue degree of a user before taking an action to recover from fatigue, as a pre-action fatigue degree, and to write an input value of the pre-action fatigue degree into a storage device;

a recommended duration calculation unit to read the input value of the pre-action fatigue degree written by the fatigue degree input unit from the storage device, and to calculate a length of time to take the action to recover from fatigue, to be recommended to the user, as a recommended duration, in accordance with the input value of the pre-action fatigue degree read from the storage device; and

a recommended duration informing unit to inform the user of the recommended duration calculated by the recommended duration calculation unit,

wherein the fatigue degree input unit inputs a fatigue degree of the user after taking the action to recover from fatigue, as a post-action fatigue degree, and writes an input value of the post-action fatigue degree into the storage device,

the program causing the computer to further function as:

an actual duration input unit to input a length of time actually taken by the user to take the action to recover from fatigue, as an actual duration; and

a recommended duration correction unit to read the input value of the post-action fatigue degree written by the fatigue degree input unit from the storage device, to generate correction information for the recommended duration to be calculated by the recommended duration calculation unit, based on the input value of the post-action fatigue degree read from the storage device and a difference between the recommended duration calculated by the recommended duration calculation unit and the actual duration input by the actual duration input unit, and to write the correction information into the storage device,

wherein, when calculating the recommended duration, the recommended duration calculation unit reads the correction information written by the recommended duration correction unit from the storage device, and uses the read correction information.