

CLAIMS

1. A display program for causing a computer to perform processes of:

 acquiring data about a space in which a subject sleeps, the data having been detected by a first sensor installed in the space; and,

 to evaluate and chronologically display suitability of the space as a sleep environment on a basis of the acquired data, switching suitability evaluation criteria before or after a time relating to a sunrise or a sunset when the time is included in a sleep zone of the subject.

2. The display program according to claim 1, which causes the computer to perform processes of:

 detecting sleep onset and awakening of the subject, on a basis of data acquired from a second sensor, the second sensor sensing data about an activity of the subject; and

 identifying the sleep zone, on a basis of a detection result.

3. The display program according to claim 1 or 2, wherein the data about the space indicates temperature, humidity, illuminance, or sound pressure of the space, or any combination thereof.

4. The display program according to any one of claims 1 to 3, which causes the computer to perform processes of:

 dividing the sleep zone into a plurality of zones; and

 applying different evaluation criteria to the respective divided zones.

5. The display program according to any one of claims 1 to 4, wherein, when the suitability is evaluated and chronologically displayed, the suitability is displayed with respect to a first zone before sleep onset and a second zone after awakening, in addition to the sleep zone.

6. The display program according to any one of claims 1 to 5, which causes the computer to perform processes of:

 generating a comprehensive value obtained by integrating the suitability in the sleep zone on a basis of a chronological change in the suitability in the sleep zone; and

 displaying the generated comprehensive value.

7. The display program according to any one of claims 1 to 6, wherein the suitability indicates a degree of deviation from an ideal environment for each season.

8. A display method for causing a computer to perform processes of:

acquiring data about a space in which a subject sleeps, the data having been detected by a first sensor installed in the space; and,

to evaluate and chronologically display suitability of the space as a sleep environment on a basis of the acquired data, switching suitability evaluation criteria before or after a time relating to a sunrise or a sunset when the time is included in a sleep zone of the subject.

9. A display device comprising:

an acquisition unit that acquires data about a space in which a subject sleeps, the data having been detected by a first sensor installed in the space; and,

a display control unit that switches suitability evaluation criteria before or after a time relating to a sunrise or a sunset when the time is included in a sleep zone of the subject, to evaluate and chronologically display suitability of the space as a sleep environment on a basis of the acquired data.