[Summary of Invention]
[Technical Problem]
[0006]
Embodiments of the present invention provide an intellectual work assistance system, etc., that can assist intellectual work carried out by a user.

[Solution to Problem]
[0007]
An intellectual work assistance system according to a first aspect of the present invention includes: a first determiner that determines a start timing of giving a restorative stimulus to reduce a cognitive strain felt by a user who is carrying out intellectual work and to temporarily divert attention of the user away from the intellectual work; a second determiner that determines a time length for which the restorative stimulus is given; and a controller that controls an actuator to give the restorative stimulus to the user for a duration of the time length determined, starting from the start timing determined.
[0008]
An intellectual work assistance method according to a second aspect of the present invention is an intellectual work assistance method to be executed by a computer. The intellectual work assistance method includes: determining a start timing of giving a restorative stimulus to reduce a cognitive strain felt by a user who is carrying out intellectual work and to temporarily divert attention of the user away from the intellectual work; determining a time length for which the restorative stimulus is given; and controlling an actuator to give the restorative stimulus to the user for a duration of the time length determined, starting from the start timing determined.
[0009]
A program according to a third aspect of the present invention is a program for causing the computer to execute the above-described intellectual work assistance method.

[Advantageous Effects of Invention]
[0010]
An intellectual work assistance system, etc., according to embodiments of the present invention can assist intellectual work carried out by a user.

[Brief Description of Drawings]