

INTELLECTUAL WORK ASSISTANCE SYSTEM AND INTELLECTUAL WORK ASSISTANCE METHOD

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[ABSTRACT]

10 An intellectual work assistance system includes: a first
determiner (32) 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; a second determiner (33) that determines a time
length for which the restorative stimulus is given; and a controller
(34) 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.

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Figure 2